

the south african journal of

NATURAL MEDICINE

DECEMBER

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FITTEST
IN 2016**

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TRAVEL
BUGS**

**Feeding
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**Pre-vacation
preparation**

**Spotlight on
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grass**

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skin
stress**

Everything
about
Coconuts
– oil, butter
& water...

**DEFY
ADRENAL
dysfunction**

Christmas

gift ideas



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DECEMBER 2015 ISSUE 126

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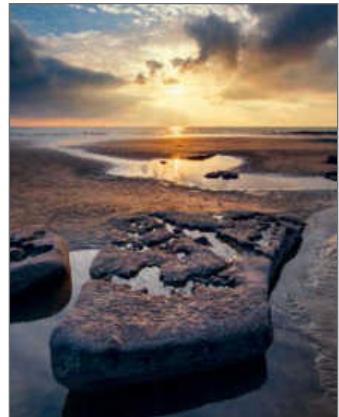
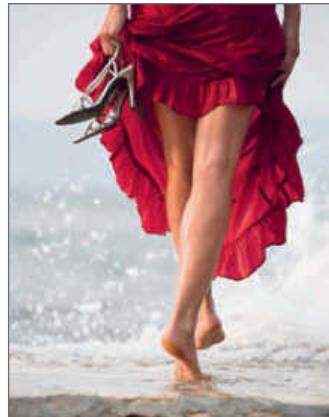
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PIONEER OF THE MONTH

DR ARE WAERLAND

page 12

on our cover





How to survive the festive season

Don't you think it's time that Christmas holidays came with a health warning? Signs reading something like 'This season can be dangerous to your health' could be displayed in shopping malls and retail outlets.



So why this party pooper attitude?

Too many people are bullied and exhausted by what is supposed to be a happy and regenerative break. Christmas is generally more about business opportunity than religious significance. But that's not it. Emotionally, we've come to expect so much of this time of year. Everyone is supposed to have a frantically good time, and if you're not going somewhere exotic (see pages 36 and 58) you should be revelling in family reunions.

Stress triggers accumulate during the festive season: the pressure to prepare the perfect Christmas lunch, traffic, in-laws, a child about to start school or just finished matric, arguments with your partner, other people's babies or pets in your home... do you feel the tension increase and your fuse about to blow as you read this? You know it's coming.

Christmas is also one of those times when uninvited moments of quiet and reflection creep up on one. I know people who find the last week of the year a bleak, difficult time. Memories of happier days sneak back. Maybe they are alone. Maybe family undercurrents that remain hidden during the year burst to the surface with the help of alcohol and social adrenalin. Not surprisingly, psychologists report an increase in broken relationships following the emotional pressure-cooking of 'the festive season'.

So how do you survive the season that's meant to be jolly? For what it's worth, here are some strategies from friends and colleagues who have honed this stuff with annual practice.

- If you want to do the full traditional thing but are overwhelmed by the load, call in the cavalry. Rope in neighbours, relatives, and



friends. Even children and spouses will rally round if you honest up about what you need. Do what it takes to lighten the load. For the sake of our health, we can no longer afford to waste time on pretension and perfectionism.

- Anticipate the emotional trip wires. If domestic feuds are simmering, go into a holding pattern until the New Year. Include peacemakers on your guest list. If you love being on your own all year but not over Christmas, don't leave it to the night before to invite friends round.
- Keep exercising (see page 79). We all know the importance of exercise, but this doesn't mean you have to stick to your usual gym regimen or else! Make exercise fun, and something for the whole family. Go for a hike (pack a healthy picnic), go for long beach walks with your partner, organise a day of water sports (see page 90), or go out dancing. Just make sure you keep active, and don't spend your holiday on the couch!

Remember to take time for yourself too. Try saying 'no' sometimes – you don't have to go to every function that you're invited to (and neither do your partner or children). Take time out for a relaxing bath – take time to just be with yourself.

Be present in the moment... don't let your holiday fly by without you. 'I don't know exactly how I will deal with this, but I know I can' sounds like a good start. Find (or re-find) time for relaxation, yoga (see page 104), a mid-afternoon nap, an after-dinner walk outside, or to do nothing at all.

happy holidays!
Daleen



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I  love it

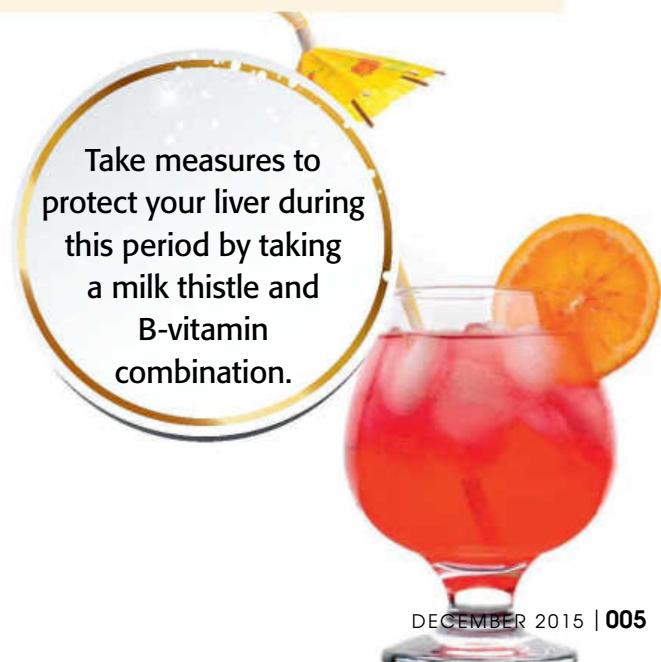
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this period by taking
a milk thistle and
B-vitamin
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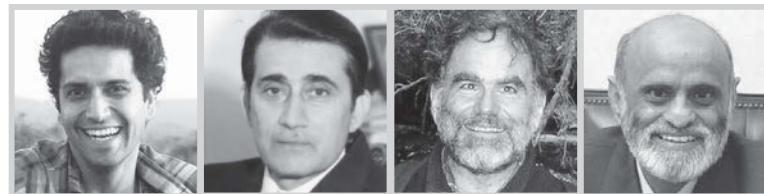
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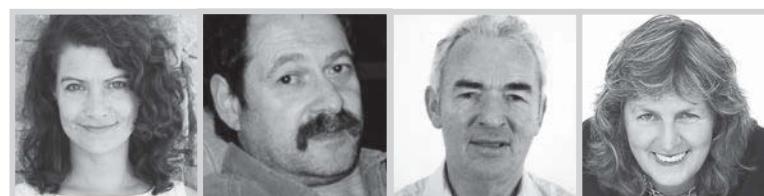


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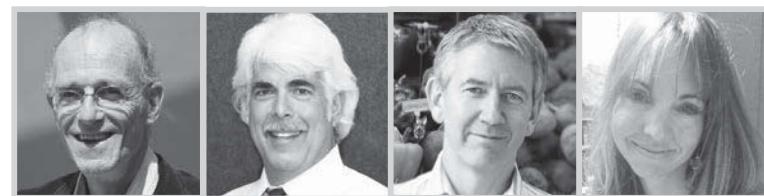


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MISSION STATEMENT

Our aim at *Natural Medicine* is to integrate the most successful approaches to health maintenance, disease prevention and the treatment of chronic ill health. Health maintenance and disease prevention must include care of the environment, the land, the water and the air.

AUTHOR GIFTS

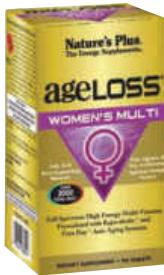
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Christmas

gift ideas

Because Christmas is a time of giving, browse our beautiful Christmas gift ideas. They are all locally made and therefore give back to the communities they support.

Think 'less is more' this festive season; the following simple ideas will help make your Christmas merry and green.

HAND MADE GIFT-WRAP AND CARDS

Making your own creative wrapping paper, by using children's drawings, brown paper and/or newspaper with leftover string and ribbon to complete the look.

When it comes to decorating the tree and the table – less really is more...

- Make your own Christmas tree decorations, using shells, sticks and homemade chocolates, or get your children to create some exciting designs.
- Create simple but effective Christmas table decorations by using fruit, candles, pine cones and flowers – the food and laughter should take centre stage.

KEEP YOUR ELECTRICITY BILL DOWN

Use LED lights on your Christmas tree or place candles all around the base of the tree. Homemade lanterns using tea lights are a great way to make a room festive without the cost!

THE TREE ITSELF

Use a real tree or make one out of twigs or bark; there are some wonderfully creative ideas around if you take the time to look.

CHRISTMAS TIME IS BAKING TIME!

Try your hand at biscuits, chocolates and cupcakes – then decorate them and get the children to help. These can make wonderful gifts as well as extra family snacks.



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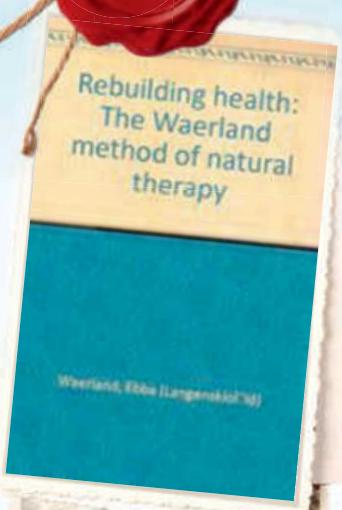
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Dr Are Waerland

(1876-1955)

– famous for the Waerland Method

Finnish-born biologist, lecturer and writer Are Waerland has positively influenced the living habits of countless people through the health movement that carries his name.

The single most important secret to good health advocated by the Waerland Healing System is simple and effective – a daily, early morning walk. According to Waerland, motion and oxygen are the things we need most to prepare the body for the day. An hour-long walk, brisk enough to cause slight perspiration, when combined with a good diet will secure optimum health.

Walking is also the best medicine to ensure a refreshing night's sleep, another essential prerequisite for good health. Waerland's natural health teaching pays special attention to the vital role the skin plays in our health. The skin absorbs oxygen, excretes waste, and controls the body's temperature. Its vitality depends on the proper functioning of the small muscles regulating blood supply to the skin.

To keep these muscles toned, in addition to the brisk morning walk, Waerland recommended taking a cold bath or shower each morning, grooming the skin with a dry brush or friction massage, dressing in light clothes, and taking a warm bath or sauna each week to eliminate worn-out skin and waste.

When he was a child, Waerland suffered from various symptoms such as headaches, bad memory, chronic stomach problems and constipation. As a student at the University of Uppsala, Sweden in 1901, Waerland was prompted to leave his philosophical studies for the study of medicine by the onset of a severe abdominal disease which threatened to take his life. His search for the principles of health took him to Edinburgh University, University College in London and the Sorbonne in Paris.

Inspired by a book by Alexander Haig and the healthy diet of the Hunza people, Waerland turned to his diet and became a vegetarian. His symptoms disappeared in London within three years, which he attributed mainly to the raw food diet. He worked for many years in London with several nutritional scientists conducting experiments in nutritional physiology and medicine. Waerland published his theories on nutrition in the Swedish magazine *Frisk-sport*. In 1933 he published his first book entitled *In the Cauldron of Disease*. His second major work, *Towards a New Humanity*, reported on the allegedly sensational healing successes achieved by the physician Arthbutnot Lane after the surgical removal of the colon.

He believed that the consumption of meat, fish and eggs led to cancer, causing acidification of the body and to the colonisation of the colon with disease-causing, putrefying bacteria.

Like Bircher-Benner (see issue 118, page 10), Waerland developed his own breakfast muesli, Kruska, consisting of partly cooked or raw whole grains. In addition, he recommended potatoes and a raw food diet to support the immune system. Interestingly, he suggested that no raw fruit was to be added to a salad meal. Dairy products (especially sour milk) were permitted, but spices, sugar and salt should be avoided. He recommended three litres of fluid intake daily. Through the application of the principles of good health, which he discovered, Waerland lived a long and productive life. In 1950 he is said to have had about half a million followers in Sweden alone. There are still many active Waerland groups in Germany and Scandinavia. His teaching placed great emphasis on the ability and duty of every individual to take responsibility for his or her own good health.

After his death, Waerland's wife Ebba published the book *Rebuilding Health: The Waerland Method*. ●

“
 'Roger Bacon founded the experimental method of science upon observation. "The whole art of Medicine lies in observation." Observation is common to all, but the bulk of doctors think that, so far as human health is concerned, no one should be allowed to observe, experiment and think but themselves. And yet, health is our most precious possession. My health is my own, and when once gone cannot be replaced by all the doctors in the world.'

— Dr Are Waerland

CLEANSE AFTER OVERINDULGENCE

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THE LIFE OF PROBIOTICS AFTER CONSUMPTION

 I've read something interesting about the life of probiotics after consumption. Some probiotics are able to reside in the GI tract for only about a day after consumption, others can hang around for up to three weeks. Fragile species such as *Lactobacillus reuteri*, as well as *Lactobacillus acidophilus* and *Bifidobacterium bifidum* (which are often added to yoghurt), may need to be replaced daily.

Bacteria species are derived from a variety of sources, including humans (extracted from sources like colon biopsies), dairy products (from fermented milk and cheese), animals (cows and pigs), plants (litchi nuts) and soil

(soil-based organisms, or SBOs). Once isolated in labs, the bacteria are then purified and cultured.

You can find the same strain in animals as in humans. The important thing is the science behind the strain, which must show that the strain is compatible with the human GI tract – human-derived probiotics are more likely to colonise the human body.

We create the need for probiotics through our refined, processed diets; the overuse of antibiotics; eating factory-farmed meat; drinking too much alcohol and living a typical stress-filled life. **B.M.**

MY ORDEAL WITH AMALGAM FILLINGS

 In 2010 I had so-called gold amalgam crowns with pillars and grey amalgam fillings put in my mouth at the Medicross Dental Clinic in Rustenburg. Months later my right leg was limping and my right arm was hanging. I began to suffer from chronic fatigue. I was never informed that the metal amalgam contained 50% mercury.

Doctors could not find the problem. I ended up with a kinesiologist diagnosing severe mercury and lead poisoning.

The crowned teeth were immediately extracted since they could not be saved. All mercury fillings have since been removed. I am now in the process of chelating the mercury from the brain with alpha-lipoic acid and coriander, while using *Chlorella* to drive it from the body. I consider using dermocaptosussinic acid (DMSA) to detox mercury intravenously.

The fact is the American Dental Association (ADA) holds patent rights to mercury amalgam, and dentists are using amalgam mercury daily. In South Africa there are no rules regulating the safe disposal of amalgam mercury. I am now taking the matter up with the authorities. I want dental amalgam mercury metal phased out. Russia, Sweden, Denmark, and Finland have already totally banned it. On 7 November 2013 the United Nations environment agency welcomed the ratification by the United States of the Minamata Convention which seeks to bring down emissions and releases of mercury.

Many of our citizens are suffering and are dying from dental amalgam mercury. The Government has a legal duty towards its citizens to stop this.

Thank you for a great magazine and your invaluable/priceless contribution. **L.L.**

BONE BROTH

 I read with interest the article 'The Universe Within Us Is Under Threat' in your issue number 122, August 2015. It coincided with my recent research into bone broth, which is apparently very good for our gut health. Bone broth contains, amongst loads of other nutrients, glutamine, an amino acid that is known as a natural remedy for leaky gut syndrome. This happens when the linings of the intestine are not working properly, allowing stuff that does not belong in the bloodstream to seep into it. This causes havoc in the body and can be the reason for asthma, eczema, psoriasis, inflammatory bowel conditions and lots more.

I love the concept of broth. I can imagine all those fabulous nutrients from the bones seeping into the liquid, ready to boost our systems cup after cup.

The trick is to cook the broth very slowly (I use a slow cooker and leave it on for at least 24 hours) so as to maximise the 'leaking' of the nutrients from the bones. I also find that the resulting broth is so much tastier if one uses meaty bones, some onion, carrot and celery along with salt, black pepper and a splash of mixed herbs. Roasting the bones first for half an hour also improves flavour.

The father of modern medicine, Hippocrates, said, 'All disease begins in the Gut' and research is now starting to prove him right. Heal your gut with some broth, and reap all the other benefits while you're about it! **F.G.**

IMPROVE VEIN HEALTH

 This is my favourite magazine and I read it from cover to cover! I understand that we have a pump (the heart) with a network of veins and arteries keeping us healthy and alive. What I don't understand is how it can all go wrong? I have spider veins, thicker varicose veins even though I am healthy and fit. I am a smoker and take anti-

ARTHRITIS BREAKTHROUGH!

"My name is Richard Lightfoot and since about 2007 I have suffered badly from arthritis in my shoulders and my hands. It was so bad that I couldn't even lift my arms up. I'd go for electrotherapy & acupuncture but it would only help for a short while and then the pain would come back. Someone told me to try Lifetones, I can now work a full day without feeling pain, thanks to Lifetones. Prior to Lifetones, the pain could get so bad that sometimes I was not able to keep my hands on the wheel of my car and I could not do a full day of gardening without being immobilised with pain the next day. I won't stop taking Lifetones because I can remember clearly what that pain was like. **Only someone else with arthritis can tell you how unbearable it can be.** I always tell my three sons how amazed and pleased I am that I don't have the pain anymore and can enjoy my life again thanks to Lifetones."



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Lifestyle Health	Chatsworth Centre	Nottingham Rd.	Bedford Centre	Point Medical Centre
Ballito	031 4034165	083 248 7397	011 616 6338	021 4345490
Gateway Health	Health and Beauty	Sventella Health	Kruie Koffer	EAST LONDON
Gateway Mall , Musgrave Centre	Sanlam Centre	199 Church Street,	Kloof Centre	Health Wise
Westville Mall	Empangeni	Vryheid	Rustenburg	Vincent Park
031 566 5517;	035 772 1131	034 980 8751	014 592 6563	& Beacon Bay
031 201 5904;			Mpumalanga	043 7486782
031 266 5397			Nu Health	PORT ALFRED
Healthy Living	Pavilion	Fourways Mall	Altmed	Natures Way
La Lucia Mall	031 265 2808	011 4659962	013 752 2299	My Pond Hotel
031 572 2664	Healthworld	Best of Nature	WESTERN CAPE	046 6245735
Add to your Health	Delcairn Centre	Northgate	Organic Living	GRAHAMSTOWN
Kensington Dr,	Kloof	Centre	Constantia	Mustard Seed
Durban North	031 764 1846	011 7911743	Village Centre	Peppergrove Mall
031 5643197	Natures Remedy	Frutti Nutti	021 7941888	046 636 1496
Bright on Health	Oxford, Hillcrest	Vaal Mall	Simply Natural	PORT ELIZABETH
Bluff Centre	031 765 5704	016 981 5146	Canal Walk	Natures Own
031 467 3775	Macrobiotics	Health Avenue	021 5512931	Perridgevale Ctr.
Fit as a Fiddle	PMB	Timber City	Health 2 You	041 363 8555
Seadoone Mall	Cascades Centre,	011 362 2682	Blue Route Mall	JEFFREYS BAY
Amanzimtoti	Albert Luthuli Rd.	Hippocrates	021 713 138	Health Support Shop
031 903 6709	033 347 2345/	Kempton Park	Waterstone	Da Gama Road
	033 342 8489	011 979 1117	Stone Village	Jeffreys Bay
Basically Health	The Health Nut	Health Equilibrium	021 8500317	042 293 3704
Shelly Beach	74 Main Street,	Kolonnade	Steps to Health	lifetones
039 315 1309	Howick.	Centre	Constantia	021 712 5050
	033 330 5172	012 548 0933		

Reference

1. Pointel JP, Boccalon H, Cloarec M, Ledevenat C, Joubert M. Titrated extract of centella asiatica (TECA) in the treatment of venous insufficiency of the lower limbs. *Angiology* 1987;38(1 Pt 1):46-50.
2. Kiesewetter H, et al. Efficacy of orally administered extract of red vine leaf AS 195 (folia vitis viniferae) in chronic venous insufficiency (stages I-II). A randomized, double-blind, placebo-controlled trial. *Arzneimittelforschung* 2000; 50(2): 109-17.
3. Pittler MH, Ernst E. Horse chestnut seed extract for chronic venous insufficiency (Cochrane Review). In: *The Cochrane Library*, Issue 3, 2004. Chichester, UK: John Wiley & Sons, Ltd..

» *oxidants but want to prevent my legs from looking worse. Is there a natural (herbal) remedy I can take? J.A.*

ANSWER BY THE EDITORIAL TEAM: The arteries are strong and have relatively thick, muscular walls. They are able to cope with fluctuations in pressure, caused by the alternate contraction and relaxation of the heart but if put under too much pressure, they will start to build up their muscular walls. This makes them harder to stretch.

The veins are the little brothers; they are thinner-walled with less or little muscle. They cannot hold pressure in the same way as the arteries. Linking the arteries to the veins are small arteries known as arterioles, which become smaller capillaries, which in turn join together to form the larger venules, which then form larger veins. In order to help the blood supply move up to the heart from the lower half of our body, which means it must work against gravity, there are small one way valves in the veins of our legs. When blood vessels lose their elasticity, blood pools in the legs and fluid leaks out of the blood vessels. That causes the legs to swell (venous insufficiency).

Varicose veins are very common and can be inherited or acquired. It is the gradual failure of veins due to increased pressure on the venous system in the legs that leads to the blood not being pumped back to the heart so efficiently. This means that extra pressure is put on those simple valves, which sometimes give up the ghost completely and fail. When they do, they lead to the veins becoming stretched and contorted, which in turn gives rise to the familiar raised, knobbly varicose veins.

Pregnancy, constipation and standing for long periods of time all put extra pressure on the veins in the pelvis, which in turn affects the lower leg veins. Conventional treatment relies on blocking the veins where the valve has failed and allowing undamaged veins in the area to take over. This can be done by injection or by physically 'stripping out' the damaged veins surgically.

Eating healthily, taking regular exercise and not smoking can make a huge difference to your health. Smoking will increase the likelihood of developing blockages in the blood vessels and thus will harm a good flow in these vessels.

Antioxidant compounds in plants called flavonoids appear to promote venous strength and integrity. Herbal remedies to strengthen veins include gotu kola and red vine leaf extract.

Several small studies suggest gotu kola may help reduce swelling and improve circulation. In a study of 94 people with venous insufficiency, those who took gotu kola saw their symptoms improve compared to those who took placebo. In another study of people with varicose veins, ultrasound tests showed improvements in the vascular tone – meaning there was less leakage – of those who took gotu kola.¹

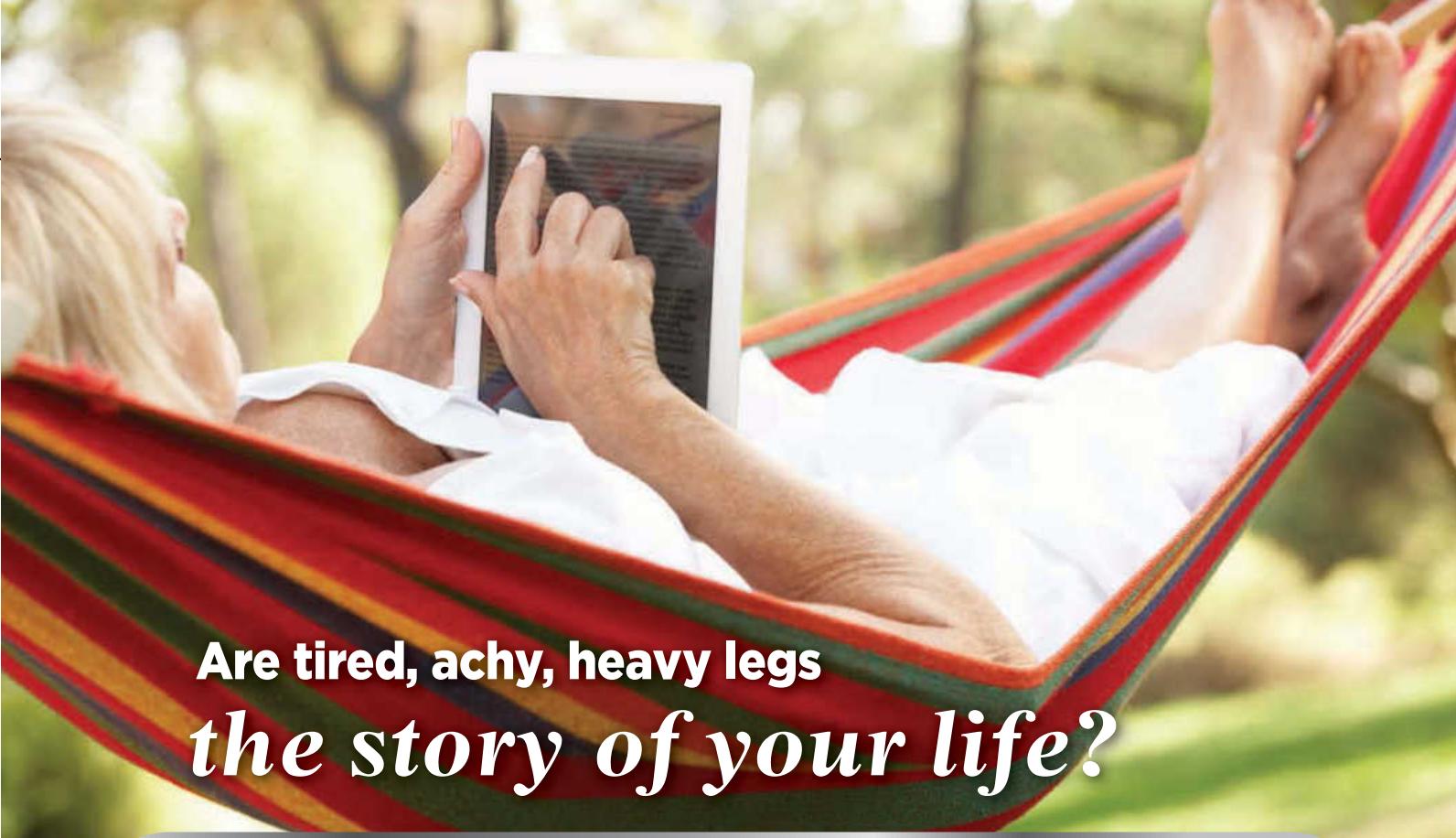
A randomised, placebo-controlled, double-blind study was carried out on a large sample of patients with mild-to-moderate chronic venous insufficiency (CVI). Daily doses of 360 mg and 720 mg of red vine leaf extract appeared safe and effective, reducing lower leg oedema and circumference while improving key CVI-related symptoms.² Horse chestnut seed extract can reduce some symptoms of poor blood circulation, such as varicose veins, pain, tiredness, swelling in the legs, itching and water retention.³

Cayenne pepper and ginger are known to increase circulation.

WARNING SIGNS

Blood clots in the veins can strike without warning, in just about anyone – even athletes in top condition. In more than 50% of cases there are no obvious symptoms, but warning signs to watch for include:

- Pain or tenderness in the leg, particularly the calf
- Swelling of the leg
- A change in skin colour, either redness or a blueish tint, from poor oxygen circulation
- Shortness of breath.



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Cinnamon - A SPICE FOR LIFE

The cinnamon tree is indigenous to Sri Lanka, and the part most commonly used is the bark, which is dried and rolled into sticks, broken into smaller pieces, or ground into a powdered form.

The impact cinnamon has had on the medical world, however, has caused us to take another look at this fragrant but unassuming spice. Cinnamon was used in ancient times to treat respiratory and digestive conditions, and as an antibacterial. It's now been discovered that the main active ingredient, MCHP, may mimic the function of insulin, a hormone that removes excess sugar from the blood. For this reason, cinnamon has been used in traditional herbal medicine to treat type 2 diabetes. It's also thought to reduce levels of cholesterol and fat in the blood and to decrease blood pressure.

Patrick Holford recommends taking one teaspoonful of cinnamon a day. Sprinkle it over oats and cereals, or add it to soups and baked goods.

FOR BETTER cardiovascular health, CHECK YOUR GUT

Bacteria living in your gut may impact your weight, fat and good cholesterol levels, factors necessary to help maintain a healthy heart, according to new research in *Circulation Research*, an American Heart Association journal.

COULD ANTIBIOTICS RAISE YOUR RISK OF type 2 diabetes?

A Danish population based case-control study has shown that people who develop type 2 diabetes show increased use of antibiotics in the years before diagnosis than people who do not develop the condition.¹

The study, published in the *Journal of Clinical Endocrinology and Metabolism*, included all 170 504 people in Denmark who had newly diagnosed type 2 diabetes.

The researchers commented, 'Although we cannot infer causality from this study, the findings raise the possibility that antibiotics could raise the risk of type 2 diabetes. Another equally compelling explanation may be that people develop type 2 diabetes over the course of years and face a greater risk of infection during that time.'

Previous research has shown that the effect of antibiotics on bacteria in the gut may contribute to impaired glucose metabolism.

Reference

Mikkelsen KH, Knop FK, Frost M, et al. Use of antibiotics and risk of type 2 diabetes: a population based case-control study. *J Clin Endocrinol Metab* 2015; doi:10.1210/jc.2015-2696.



Leafy green vegetables (especially kale and collards), tempeh, broccoli and fortified nut or hemp milks are all high-quality vegan options for calcium.

CORRECTION

We apologise to Ann Gadd for erroneously stating in her biographical note in the October and November issues that she holds a PhD in Microbiology. Ann is an author, artist and a qualified holistic practitioner.



Rooibos PACKS MIGHTY PUNCH against heart disease

According to Spanish researchers, drinking rooibos can prevent the development of heart disease by inhibiting the liver from storing excessive fat under the skin and around major organs. These researchers also determined that rooibos not only reduces the number and size of fat cells, but also completely prevents the development of fatty liver disease – a condition where fat accumulates in the cells of the liver.

The study also confirmed that the complex mix of antioxidants in rooibos are jointly responsible for its beneficial effects, and that it is therefore better to drink rooibos tea, rather than isolated compounds from rooibos.

Dr Robert G. Smith: 'Most people in modern societies have vitamin and mineral deficiencies because these nutrients are removed by industrial food processing. Vitamin and mineral supplements are effective in preventing deficiencies that cause major illness such as heart disease, cancer, diabetes, arthritis, osteoporosis, dementia, and many others. Supplements of vitamins and minerals, when taken in proper doses large enough to work (for example: vitamin C for an adult at 3 000 to 6 000 mg/day, and much more when stressed or sick), are safe and effective – and far less expensive than taking prescribed drugs overblown by the medical profession and media.'

HAVE YOU LOST YOUR FEEL GOOD FACTOR?

- Are you gaining weight?
- Are you an "emotional" eater?
- Suffering from mood dips?
- Experiencing sleep problems?
- Stressed out?
- Lacking energy?

2 out of 3 people experience 3 or more of these symptoms daily. The reason for this can largely be attributed to a combination of sub-optimal nutrition, a loss of blood sugar control & a stressed lifestyle.

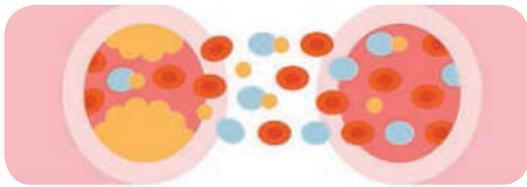


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Cholesterol FACT

Cholesterol is not a fat, although it travels through the bloodstream along with fats and it's found in the fatty parts of foods.

Actually, cholesterol is a type of alcohol called a 'sterol.' Sterols have two distinct parts: one that dissolves in water and one that dissolves in fat. It's not true that a lot of cholesterol in the blood causes heart disease.



SPICE FOR HEALTH - **Ginger**

In the past, many cultures used certain spices for their great medicinal value, and today ginger is still widely used in both Chinese and Indian cultures for its medicinal benefits. The medicinal value of ginger far surpasses the appearance of this simple-looking root. It can be used in the following ways:

- As an anti-inflammatory (can be used as a compress on inflamed joints and sprains)
- For the prevention of motion- and sea-sickness
- As an antimicrobial to fight germs
- To treat gastrointestinal problems (and as an anti-flatulent)
- To ease menstrual pain, according to TCM (Traditional Chinese Medicine)
- To treat bronchitis, colds and allergies
- It can be steeped as a tea for nausea, colds, bronchitis, flu, and to promote circulation.

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The link BETWEEN CALCIUM, VIT D & K

The relationship between vitamin D and bone, heart health and calcium metabolism is particularly interesting because of the simultaneous involvement of other nutrients, notably vitamin K.

In order for calcium (and some other minerals) to be absorbed, vitamin D is required but after absorption and when calcium appears in the blood, the fate of calcium is determined by the presence or absence of vitamin K. In this matter vitamin K may prevent both heart disease and osteoporosis.

Did you know?

Chia is a remarkably well-rounded nutritional source, providing protein, magnesium, phosphorus, and essential fatty acids. It is also the richest vegan source of omega-3 and dietary fibre. Gluten-free and grain-free, chia also has six times the calcium of milk.



Kelp – THE COMPLETE SOLUTION

The health benefits of kelp seem to far outweigh those of many plant vegetables we find on dry land. The reason for this is that our soils have become over-farmed and depleted of the rich minerals they used to contain.

Kelp is often brown in colour and is a type of marine alga. There are different groups of kelp that, in addition to brown, include red and green algae. Kelp requires sunlight and areas rich in nutrients to flourish, and grows on rocky shores with gentle water motion and cool, clear, salty water.

This superfood is rich in vital minerals, vitamins, iodine, iron, trace elements, amino acids and enzymes as well as calcium, magnesium and potassium. It also contains copper, manganese, boron and zinc.

Make sure that you do your research and buy kelp products only from reputable companies that practise sustainable harvesting. It is of vital importance that we learn from the mistakes we have made in the past and conserve these valuable health resources for our future.

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Lymph drainage: decreases lymph stagnation, enhances lymph flow.

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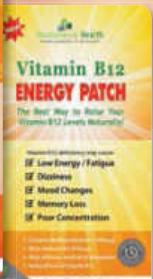
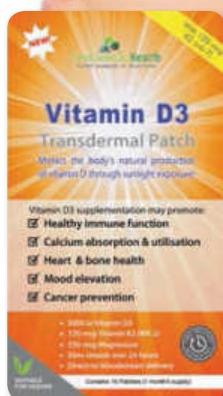
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- 2 Active ingredients are not broken down by the liver
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- 5 Does not matter if used before or after meals
- 6 Absorption does not depend on status of digestive health
- 7 Natural bio-available active forms of vitamins

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THE PROBLEM WITH low-fat diets

Low-fat diets can cause high insulin and leptin levels and create a sluggish thyroid that will lower your metabolism and cause weight gain. Leptin has a close relationship with the thyroid. As you eat more sugars and refined carbohydrates, you create insulin resistance and leptin resistance, so even though those levels are high, your body is not listening to them. Therefore, if you're overweight, your thyroid gland might be directed to keep your weight high because it thinks the leptin levels are low.

Maintaining a healthy thyroid is very important as thyroid controls many functions, including digestion and the rate you burn calories. You can make a great impact on the function of your thyroid by focusing on your toxin exposures, diet, and stress levels, which would improve your metabolism and allow you to lose weight. A diet low in sugars and refined carbohydrates and high in vegetables, lean proteins, and healthy fats will give you the nutrients you need to support your thyroid.

A strong connection exists between thyroid antibodies and gluten sensitivity. Removing gluten from your diet may improve your thyroid function and improve hormone balance.

Surgeries & DRUG-RELATED ERRORS

Researchers at Massachusetts General Hospital found that 124 of the 277 operations they watched in 2013 to 2014 included at least one medication error or drug-related incident that harmed a patient. Among the most frequently observed errors were mistakes in labelling, incorrect dosages and medications that should have been given but were not.

More than one-third of the observed errors injured patients, including three life-threatening mistakes, according to the study. Two of those were caught by the operating room staff, and one was intercepted by researchers.

Source

Evaluation of Perioperative Medication Errors and Adverse Drug Events. From the Department of Anesthesia, Critical Care and Pain Medicine, Massachusetts General Hospital, Boston, Massachusetts



SMARTSUN WRISTBAND UV INDICATOR



All South Africans look forward to the December holidays, which means enjoying some fun out in the sun. But how do you avoid going home with sunburnt skin instead of that sun-kissed look? Originating from Sweden, Smartsun has created a Wristband UV Indicator which changes colour when you are due to reapply your sunscreen or warns you that its time to get out of the sun. Over 80% of all skin cancers are caused by over-exposure to the sun and/or sunbeds. The Smartsun wristband works by measuring the amount of UV radiation you have been exposed to and changes colour accordingly. It definitely is a product I'll be using for my family these holidays. So go on... enjoy the sun, without the stress.

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For more info visit: www.smartsun.co.uk

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COULD A hormone nasal spray HELP PEOPLE WITH MENTAL ILLNESS AND AUTISM?

According to results published in the journal *Translational Psychiatry*, Scandinavian scientists have produced new data from a small clinical trial showing that low doses of oxytocin delivered as a nasal spray might benefit patients with mental and cognitive problems.

The advantage of nasal drug delivery is that the effects can be felt more immediately than medication in an oral form. Nasal delivery is also used as a non-invasive alternative for some drugs that were traditionally administered intravenously.

‘When we pay attention, whatever we are doing is transformed and becomes a part of our spiritual path. We begin to notice details and textures that we never noticed before.’

~ Rick Fields

This month's **CHARITY** FOCUS

HEALING EARTH FOUNDATION

A non-profit arm of the Healing Earth organic African spa brand, the Healing Earth Foundation aims to nurture and develop conscious, healthy earth children of all ages through opportunities that allow for connecting holistically with the self, the environment and all beings.

The foundation's philosophy is based on six broad pillars of social and environmental wellbeing, namely environmental education and activism, healing movement, mindfulness, metaphysical awareness and self-development, pampering and self-care, and spa and wellness education. These are explored through a variety of modalities, including yoga, Nia, meditation, Heal Your Life Workshops, nutritional support and education, pamper sessions, vegetable gardens, nature hikes, tree plantings, beach clean-ups, alien vegetation removal, humane education, art therapy, partnering with likeminded NGOs, and training beauty therapists from underprivileged backgrounds.

For more information visit
www.healingearth.co.za/foundation.





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- Similasan's ear drops offer quick relief from several ear related symptoms
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- Use Similasan Children's Earache Relief at the onset of an earache to relieve pain and help calm and soothe the child.



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 **Ascendis**
HEALTH



Rooibos cocktail MOVEMENT

'Most cocktails are often packed with just as many calories as a doughnut', Ernest du Toit, spokesperson of the SA Rooibos Council (SARC) points out. Swapping calorie-rich ingredients for rooibos – which contains no fat or carbohydrates – offers not only a great slimming alternative, but also contains disease-preventing antioxidants, which protects against cancer, heart disease, and stroke. Try this Rooibos-inspired cocktail:

ROOIBOS TEA COCKTAIL

Ingredients

6 **blackberries**

45 ml **Shochu** (a trendy Japanese clear distilled spirit similar to vodka)

30 ml **sweet white vermouth**

45 ml chilled brewed red **rooibos tea**

Ice

1 **lemon** twist

Method

1. In a cocktail shaker, muddle 5 berries with the Shochu, vermouth and tea
2. Add ice and stir
3. Pour through a fine strainer into a chilled coupe
4. Garnish with the remaining berry and the twist

Pit stop vs BACKLOAD

Our bodies are designed more like racecars than streetcars: we need to pit stop regularly to get fuelled up and to avoid creating excess storage (i.e. fat). Many people tend to eat light or run on coffee or 'energy drinks' all day but then crash and backload (consume all their calories at night). When the body gets more than it needs at any one time it gets irritated and pushes the 'extras' over to storage. That's why it's not about how many calories you eat during the day, but rather how much you are having at any one time. Pit stop for better energy with these tips:

- Start your morning with some nutrients within 45 minutes of waking up. If you don't tolerate solids, liquid nutrition is an equally good option, but both need to be good quality choices.
- Aim to pit stop about every three hours to give your body a boost of energy. This way you will avoid getting too hungry or energy-zapped and making poor choices, i.e. eating too much bad food later.

Eat whole foods in the forms they are found in nature - organic and non-GMO.

This month's TEAM'S CHOICE

HARMLESS HOUSE – WHAT-EVER CLARY SAGE AND CITRUS ALL-PURPOSE CLEANER

Most of our team members are moms and having little ones und the house, we all know how important it is to keep our environments clean... or at least as clean as you possibly can! We've selected The Harmless House What-Ever Clary Sage and Citrus All-purpose Cleaner as it can be used for anything! Aswell as its fresh aroma, which we love, you can use it anywhere – the kitchen counter and floor, greasy residue on the stove, the bathroom, glass doors and windows, and even to remove muddy stains from your children's pants after they have been playing in the rain! It's great to finally find that one product that can do it all. Easy, convenient and above all... natural!



www.harmlesshouse.co.za



WHEN YOUR GUT GETS IRRITABLE

38% of women between 25 and 65 have digestive problems. And they don't like to talk about it.

Did you know that IBS (Irritable Bowel Syndrome) is the world's most common functional gastrointestinal disorder and is estimated to affect 1 in 5 people? It is more common in women than men, yet no one knows why that is or what the exact cause of IBS is. Researchers believe a combination of physical and mental health problems may be at the root of IBS.

While not life-threatening or harmful to the intestines, IBS is uncomfortable, painful, disruptive, embarrassing and frustrating for sufferers. Typical IBS symptoms include abdominal pain and cramping, abdominal bloating, flatulence, diarrhoea and/or constipation. Often sufferers experience a combination of these symptoms at different times.

Also, in addition to its job processing all you eat and drink, the digestive system is home to 70% of the body's immune cells so you need your gut to be as healthy as possible.

Many people with IBS report that certain foods and beverages can trigger symptoms, such as foods rich in carbohydrates, spicy or fatty foods, coffee, and alcohol.

Help is at hand

Most people diagnosed with IBS can control their symptoms by adjusting their diet, eating smaller meals or portions slowly, stress management and natural medicines such as pre- and probiotics amongst others.

If you suffer acute IBS symptoms like excessive bloating and cramping **A.Vogel's Gastronol** may help. Taken repeatedly every five minutes from the onset of symptoms Gastronol works quickly to quell the cramps, reduce bloating and have you standing upright again.

Get that good gut feeling

Your gut is home to millions of microscopic bacteria that line your digestive tract in a mesh-like structure. In fact, up to a kilogram of your weight can be attributed solely to these bacteria. They are an integral part of the gut and have a number of key functions in processing the food you eat, generating key nutrients and supporting the immune system. Without these good bacteria, your digestive system would not function properly and your immune function would suffer.

One of the groups of good gut bacteria is known as lactic acid bacteria. They keep the acidity of our gut at the right level – important in maintaining the health of the good bacteria present and the growth of new good bacteria.

Also, in addition to its job processing all you eat and drink, the digestive system is home to 70% of the body's immune cells so you need your gut to be as healthy as possible.

Modern lifestyles, stress, antibiotics, hormone medications, illness or a diet high in sugar can cause the natural balance of gut flora to be disturbed (dysbiosis) causing an increase in bad gut flora, especially candida albicans. This is a common cause of IBS symptoms.

This is where a prebiotic like **A.Vogel's Molkosan** can help. It is a mild digestive tonic rich in L+ lactic acid which is essential in preparing the digestive system for processing the food we eat. Molkosan prevents bad flora or bacteria from being able to attach to the lining of the gut, while also correcting the acidity of the gut.

An in-home study in the Netherlands involving 430 women showed Molkosan to be extremely helpful in reducing both the frequency and severity of typical IBS symptoms.



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A.Vogel

HERBS FOR *improved memory*

Do you find yourself forgetting where you left your keys (again) or wondering why you walked into a particular room? Are you no longer able to do a quick trundle around the supermarket and remember everything you were meant to get without the aid of a shopping list? If you answer yes to the above chances are you are approaching middle age and you need a bit of a mental boost.

Herbal help is at hand with *Ginkgo biloba* and *Panax ginseng*. Early studies¹ have shown that *Ginkgo biloba* helps combat a lack of energy, tiredness, forgetfulness and a lack of concentration. The roots of *Panax ginseng* have been used for millennia in Chinese traditional medicine to treat a range of diseases including diabetes, anaemia and abnormal blood pressure. In vivo research has shown that ginseng is beneficial for memory performance.

A more recent double-blind, placebo controlled, parallel group study² researched the effect of a *Ginkgo biloba* / *Panax ginseng* combination administration to 279 healthy volunteers ranging in age between 38 and 66. Cognitive tests were performed over a period of 12 weeks. Results showed a definite improvement in performance amongst those volunteers taking the medication as compared to those on placebo and it was concluded that a combination of *Ginkgo biloba* and *Panax ginseng* has beneficial effects on the memory of healthy middle-aged volunteers.

References

1. Kleijnen, J. and Knipschild, P. 1992a. *Ginkgo biloba* for cerebral insufficiency. *BJ Clin Pharmacol* 34: 352-58.
2. Wesnes, K.A., et al. 2000. The memory-enhancing effects of a *Ginkgo biloba*/Panax ginseng combination in healthy middle-aged volunteers. *Psychopharmacology*, 152: 353-61.



Hydration - SECRET TO BETTER ENERGY

Nearly every cell of your body needs water for optimal function. Hydration – which is not just about drinking water – is the secret to better energy. When your cells get what they need to work their best, your body can run most efficiently. While bringing water into the body is important, bringing it into your cells is essential, and the mineral potassium plays a major role in making sure that happens.

CHOOSE POTASSIUM-RICH FOODS DAILY.

Coconut water, avocado, potatoes, and bananas all top the list of good sources of potassium.

SPICE IT UP VS. SALT IT AFTER.

Cooking with quality spices means your foods gets great flavor with no added sodium, leaving you less likely to reach for a salty sauce or to sprinkle salt onto your food after you've prepared it.

CHOOSE WATER-BASED FRUITS AND VEGETABLES.

Include watermelon, berries and cucumbers – in addition to drinking water as a way to improve your overall water intake daily.

Gincosan® (GK501+G115)

For memory & mental fatigue¹⁻⁵

A synergistic combination
of *Ginkgo biloba* (GK501)
& *Panax ginseng* (G115)



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- Supports cerebral and peripheral blood circulation
- Helps maintain healthy memory & reduces mental fatigue
- Helps the brain to function more efficiently



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Holly explored

'Holly was originally used as a Christmas decoration in the northern hemisphere as it symbolised the continuation of life during the cold and dormancy of winter. The red berries ripen in the cold, and the evergreen, glossy leaves were made into garlands. Holly is steeped in ancient folklore: the Romans used it at their winter solstice Saturnalia celebration, and in Christianity it was associated with Christ's crucifixion.'

'In the Middle Ages, monks grew hedges of spiny-leaved holly around their cloister gardens to protect the herbs from grazing animals, and they made warming teas from the leaves to restore ailing parishioners to health. Holly tea was considered particularly useful for chest ailments and rheumatic aches and pains through the bitter winters. Today, holly is recognised as a valuable treatment for a range of chest ailments and for reducing fevers.'

~ Margaret Roberts

WARNING: The berries are poisonous and unpalatable. Only the tough, prickly leaves should be used to make medications and teas.

Source

Roberts M. *100 New Herbs*. Struik Nature, 2015

WHY YOU NEED A hobby

Every time you solve the daily crossword puzzle or get cosy with your favourite paperback, you are giving your brain a refreshing workout. New research reveals that participating in these types of brain-stimulating activities throughout your life can help keep your mind functioning smoothly as you get older. So don't feel guilty for indulging in a little 'me' time with your favourite pastime.

'Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there – buried under the 50 000 thoughts the average person thinks every day.'

Foods from nature REQUIRE THE BODY TO WORK



Apple juice
117 calories



Apple
42 calories

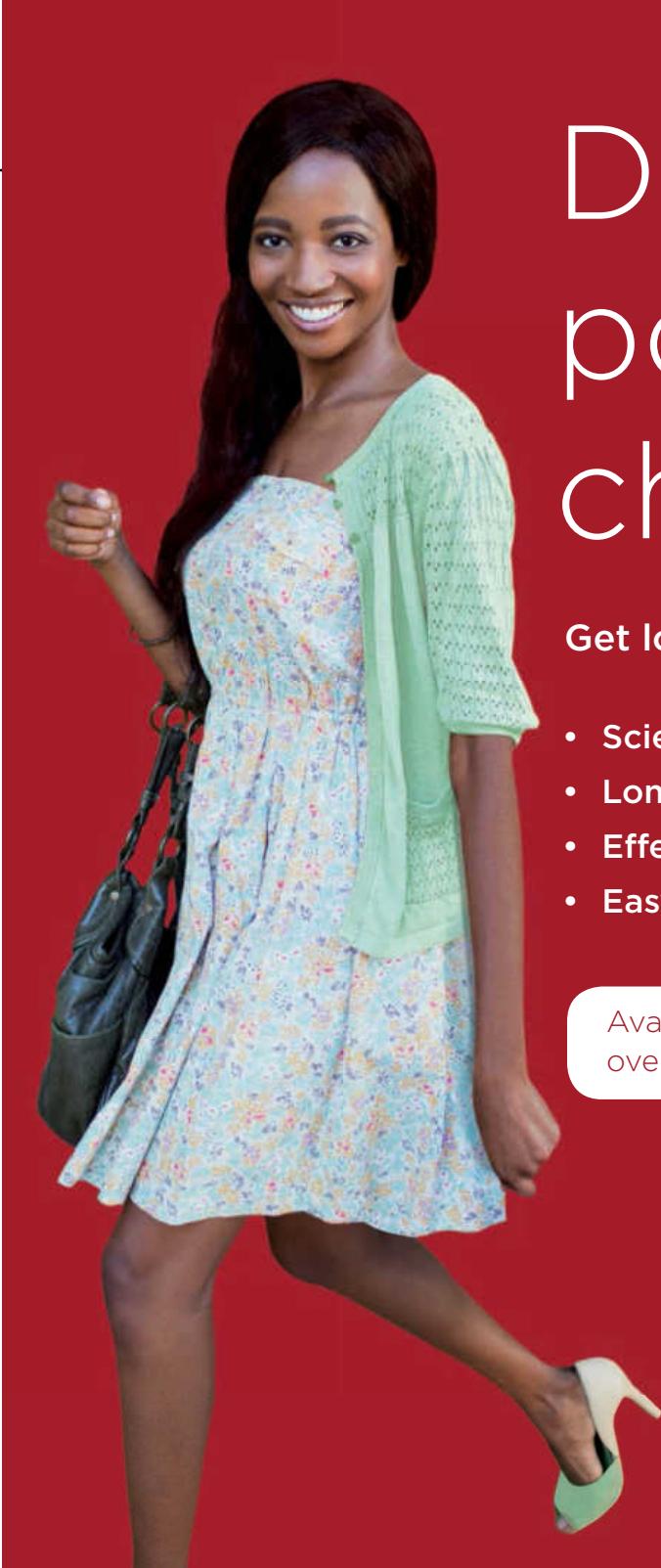
A small apple contains 48 calories – your body burns 90 calories to digest the apple. So when you eat an apple, your body burns off up to about 40 calories more than you consumed. Liquid calories don't work the same as calories from solid foods. 200 ml of apple juice contains 117 calories. No digestion is required and thus 100% of these calories are absorbed by the body.

'In my experience, processed food is the opposite of living food. Living food gives life: processed food threatens it.'

~ K. Megaw



See article 'Feed your family the gift of good food' by our new panel expert Kath Megaw on page 40



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* Individual results may vary **1.** Kumari A, Bishier MP, Naito Y, et al. Protective effect of an oral natural phytonutrient in recurrent vulvovaginal candidiasis: a 12-month study. *J Biol Regul Homeost Agents* 2011;25(4):545-53. **2.** Kolorex® Advanced Care package insert. **3.** Damayanthi RD, Narayanan N et al. Soft Gelatin Capsules – A review. *The Pharma Review* (February – March, 2008)4. Marketed and distributed by: Glenmark Pharmaceuticals (Pty) Ltd. Unit 7 & 8 York House, Tybalt Place, 185 Howick Close, Waterfall Business Park, Vorna Valley. Tel: 011 564 3900. Fax: 011 564 3939. www.glenmarkpharma.co.za KOL0023

YOUR JUICING QUESTIONS ANSWERED



JASON VALE

Twitter @juicemaster
www.juicemaster.com

He has been described as the 'UK's Anthony Robbins' and the 'Jamie Oliver of the health and juicing world'. His books have now sold over three million copies around the world. Jason has dedicated his life to helping others achieve better health and well-being through freshly extracted juice. He has spent the past 15 years working with hundreds of thousands of people from every corner of the globe, including top athletes, CEOs of major companies, and many celebrities.



Are there any shop-bought vegetable juices you recommend?



JASON VALE REPLIES: Unfortunately there isn't one on the market at the moment that I can recommend.



You give the impression that there are good foods and bad foods – but surely all foods are good to some extent given that we would die without them?



A I agree that there's no such thing as a bad food when there's no choice. Trust me, if I was unfortunate enough to ever find myself literally starving I would eat whatever was available. In that situation, yes, *all* foods are excellent – even sugar. But we do have a choice and when you do there is such a thing as good and bad food. We are in the very fortunate position of being able to choose foods

that will not just sustain life but protect against disease and improve our quality of life.



Okay, so what is the best food for humans above any other?



A There's no such thing as one single best food, but there is a commonality in foods meant for human consumption. The four things *all* foods ideally meant for human consumption have in common are:

1. They are unprocessed (you won't find a cooker in nature, that's for sure!)
2. They contain 'live', easily-utilised nutrients and oodles of enzymes
3. They have been pre-digested by the plant (so require little or no energy to break down, assimilate and eliminate)
4. All, without exception, are full of 'pure liquid gold' (water).



You mention the book Slim 4 Life quite a lot, is it just for overweight people?



A NO, NO, NO, NO and in case you missed it – NO! Although the main title is *Slim 4 Life* the sub-title is *Freedom From The Food Trap*. It is designed for anyone who eats food – which pretty much covers everyone. It is also designed to mentally free people from the food trap for life – no more dieting, no more restrictions, just healthy eating. I truly believe that everyone should read it, not simply because I wrote it, but because I know the potential impact it can have on your life.

GI AND WEIGHT LOSS

**HEIDI DU PREEZ, PR SCI**

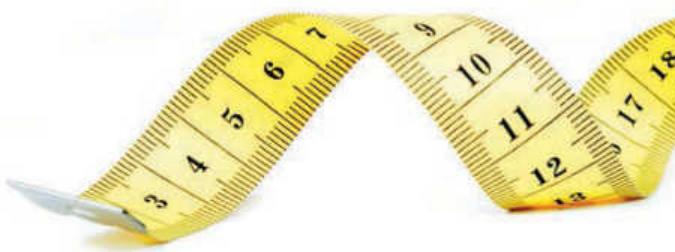
NAT, M SC.

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She is a registered professional natural scientist with a master's degree in food science. Heidi consults to both the food and health industries and runs a private practice in Cape Town. She is the co-author and publisher of the health recipe book *Naturally Nutritious Wholefood Cookbook*. Heidi has appeared on TV and often writes for various publications on health matters.

Q *I've read your article in the August issue with interest. Is a low-GI diet a good way to go to lose weight?*

A **HEIDI DU PREEZ REPLIES:** Currently, research does not support low-GI eating as a magic bullet for weight loss. Weight loss observed by those eating a standard low-GI diet is rather due to more conscious eating, the higher fibre and nutrient content and lower caloric intake that commonly accompany a low-GI diet – NOT necessarily due to the low-GI diet plan itself. Evidence consistently points to the same basic truth: Effective weight loss is a direct result of eating less, being more active, rehydrating the system effectively and consuming a nutrient-dense, balanced whole-food diet as described in the August issue of *Natural Medicine*.



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TRAVEL BUG

Q *My friend and I will be leaving school at the end of this year and we plan to travel the world and go wherever the wind blows. We want to walk the streets and live with the locals. This excludes fancy meals in hotels and restaurants. We just want to eat from street markets. My dad is concerned about travel bugs and said that we will not be used to local foods and could get very sick. Is there a remedy we can pack for prevention, or something we can take should we get a tummy bug? S.M.*

A HERMANN KEPPLER REPLIES FOR THE COLLEGE OF NATURAL HEALTH:

Your dad is right to be concerned. There is no natural or pharmaceutical medicine that can entirely protect you from 'travellers' diseases' which

are classified as bacterial, viral, fungal and parasitic infections that may be caught. These diseases cause an acute medical emergency. Additionally, seemingly unrelated symptoms, such as immune-related conditions, may manifest years later as a consequence of infection. In the latter case I always advise a full stool test for parasites. As always, the best way to look after your health is via prevention and by strengthening your gut and immune system.

You asked specifically about tummy bugs and I will confine the rest of my comments to 'travellers' diarrhoea' (TD). TD is caused by micro-organisms found in water and food wherever sanitation and food handling practices are poor and our gut is not familiar with those particular bugs.

TD bugs cause fluids and electrolytes to be excreted in frequent, watery stools. Food passing too quickly also impairs absorption of important nutrients. It is important, particularly in warmer countries, to stay appropriately hydrated – coconut water can be a good choice to rehydrate for the additional mineral content but be sure it is fresh or in its originally sealed packaging.

Cut your chances of getting TD by avoiding high-risk foods such as peeled fruits and vegetables, undercooked meats, seafood, dairy foods, food from street vendors or buffets, and unclean water or ice. Washed foods can be a real problem. My advice is to eat in moderate amounts, preferably vegetables that have been cooked, or washed in bottled water.

To keep the natural immune system at top capacity, reduce heavy food, such as red meat or soya. Stay away from processed sugars. Alcohol should be consumed in moderation, if at all, as it can damage the gut lining which we want to keep strong against the bugs. For this reason (and many others) reduce or stop smoking.



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Adapt to eating local seasonal foods (well-cooked and clean). Your diet in hot countries should consist of spicy, warm food following the homeopathic principle 'like cures like'. To have ice cold drinks in hot countries is a shock to the body and should be avoided. Don't mix too many food types in one dish.

Prepare by topping up the good bacteria in your gut with a quality probiotic for four weeks prior to travel and for as long as you can on your trip. *Saccharomyces boulardii* is useful to have on hand in case you do succumb to TD. Ask your natural health advisor about a probiotic that will survive travel conditions. A pre-trip course of *Echinacea* or other immune-stimulating herbs such as *Astragalus* can increase the body's ability to eliminate invading bugs.

If you are unwell, drink cleanly prepared vegetable juices and broths to replace lost salts and minerals. Natural remedies to help decrease diarrhoea include Oregon grape and goldenseal, which contain an antimicrobial that may be effective against harmful foodborne bacteria. See what your herbalist recommends.

If you have a high fever, avoid antidiarrhoea drugs. Preventing the passage of stools will keep a bacterial infection inside the body for longer. Seek medical assistance if required or if symptoms do not subside after 24 hours. For diarrhoea caused by food poisoning, the homeopathic remedy *Arsenicum* 30c can be helpful. China 30c can be a good remedy to take after diarrhoea when there is exhaustion. Take three pills or three drops of your chosen remedy.

Be sensible, and enjoy your trip!



Naturopath Hermann Keppler is the Founder and Principal of the College of Natural Health (CNH) which trains students across South Africa for successful careers in natural health. CNH also offers short courses in a range of natural therapies.

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ADRENAL FATIGUE VS CHRONIC FATIGUE

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Functional Sports Nutrition (FSN). He is the editor of *Functional Sports Nutrition* magazine and developed the Middlesex University 'Personalised Sports Nutrition' postgraduate course and FSN Academy. He is a consultant for DNAlysis Biotechnology and runs a private exercise & nutrition practice in Morningside Sports Medicine Centre.



What is the difference between chronic fatigue and adrenal fatigue?

And is there a hormone test for DHEA and cortisol that will determine the difference? So would your levels determine adrenal fatigue vs chronic fatigue and where does burn-out come in? Would you say that it occurs more after ongoing untreated chronic fatigue, or also after untreated adrenal fatigue? And I've read recently that you can reach stage 4 adrenal fatigue. Do you agree? What happens after stage 4? L.B.

A **IAN CRAIG REPLIES:** Adrenal fatigue and chronic fatigue syndrome (CFS) are two quite separate distinctions within functional medicine. Adrenal fatigue talks very specifically about the adrenal glands, these tiny little glands that sit on the kidneys, but which have an enormous role in our modern society. Adrenal hormones wake us in the morning, get us to work or drop off the kids, assist us

through meetings or daily chores, and help us get through our training sessions. The pituitary gland in our head drives output of stress hormones from the adrenal glands and it is this daily occurrence that can gradually depletes these glands of their normal function.

It is when the adrenal glands secrete lower than normal levels of cortisol and DHEA that a person presents with adrenal fatigue. Very flat-line levels of these hormones may lead to a diagnosis of adrenal exhaustion. CFS, on the other hand, is an altogether more complex scenario of imbalanced health. In most cases, adrenal fatigue lies at the heart of the syndrome, but there are many other factors that contribute to CFS. For example, mitochondria produce energy for our cells, so if they under-function, it will mean lower systemic energy levels to the individual.

There are several reasons why our mitochondria may under-function, including: low levels of nutrients including magnesium, Co-Q10, B-vitamins, and iron; additionally, the mitochondrial membranes may be blocked by toxins such as plastics and heavy, or toxic, metals. Like adrenal fatigue, CFS is affected by what I call the three Ps of stress: physical, physiological and psychological. In CFS patients, you may find adrenal fatigue, hypo-thyroidism, and hypothalamus-pituitary under-functioning.

These individuals may be incredibly sensitive to stress, which, over time, results in a scenario of whole body fatigue. Whereas adrenal fatigue may be resolved by rest and active restoration practices, CFS sufferers may require a myriad of therapies, including, nutritional, psychological, emotional, environmental and

musculoskeletal (body work). A complex answer to a complex question. In a nutshell, CFS is not a condition that can be neatly diagnosed by a certain set of symptoms – it requires an extreme amount of motivation and hard work from the individual, combined with the input from some particularly skilled practitioners.

In terms of burnout, it is really irrelevant whether we are talking about adrenal fatigue or chronic fatigue. Burnout is a fairly loose term used to simply show that the person is finished energy-wise. This would certainly be the case when adrenal fatigue shifts into exhaustion state, but it could also be used to describe somebody suffering with CFS although if that person was to then obtain a 'diagnosis' of CFS, that description would displace that of burnout.

Stage 4 adrenal fatigue is complete exhaustion of the adrenal glands. This is normally the point at which the person will completely rest and take treatment support and gradually reverse through the stages. However, there is a worse clinical picture than stage 4 adrenal fatigue: As noted, CFS is a much more complex clinical picture and a sufferer might have stage 4 adrenal fatigue and other metabolic and hormonal depletions which is a far more difficult case to treat.

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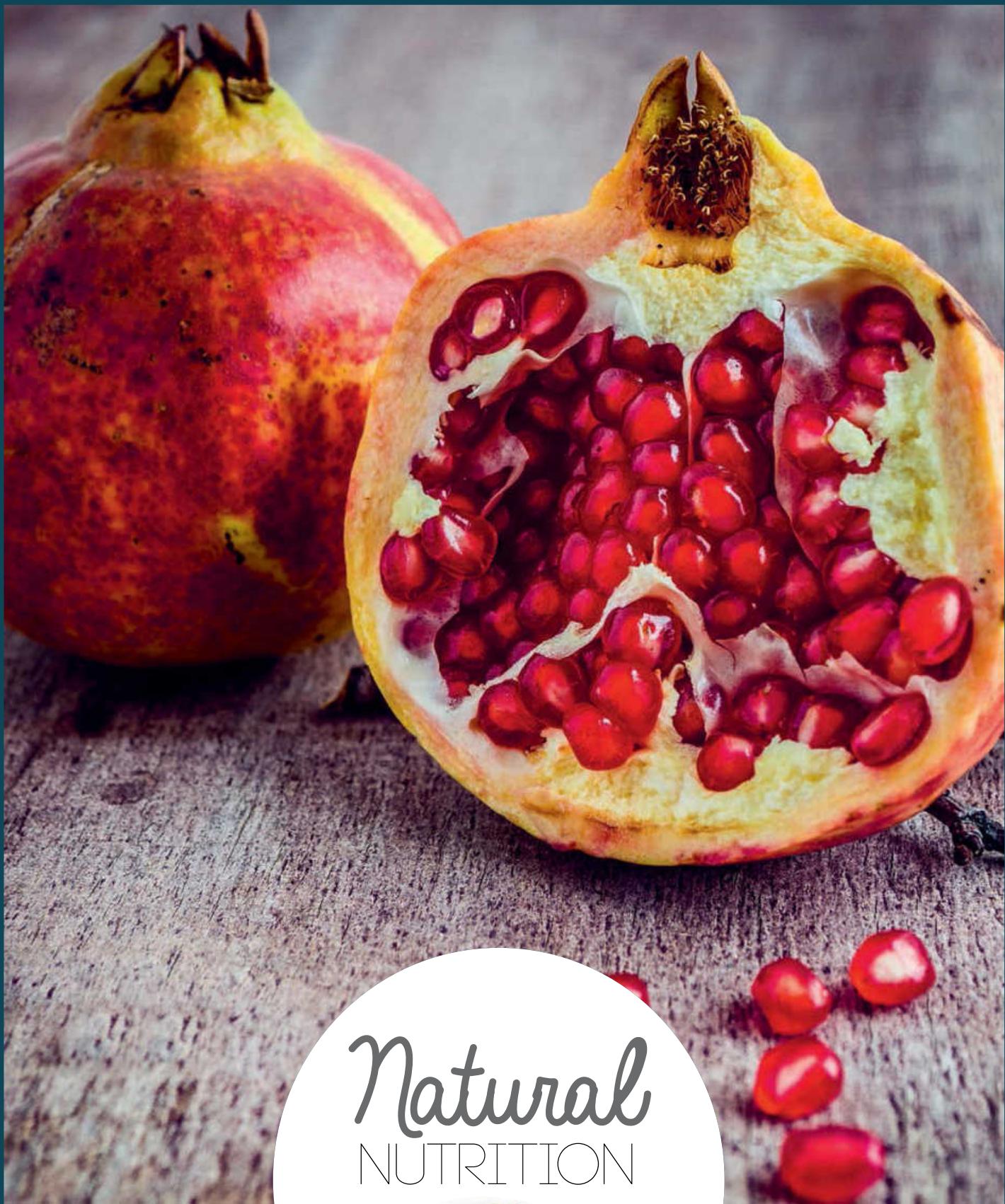


The image shows three devices displaying the Natural Medicine magazine cover. The smartphone and tablet are shown from a front-facing perspective, while the laptop is shown from a top-down perspective. The magazine cover features a woman in a white dress and a red bow, with various headlines like 'BE YOUR FITTEST IN 2016', 'Prevent TRAVEL BUGS', 'Sort out skin stress', and 'Juice yourself super slim!'. To the right of the devices is a large green circular graphic with the text 'PAY ONLY R20 per digital magazine' and 'Annual subscriptions available'.

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Natural NUTRITION



40 FEED YOUR FAMILY WITH THE GIFT OF GOOD FOOD **44** IT'S WHAT YOU DO MOST OF THE TIME THAT DETERMINES YOUR HEALTH
48 RECIPES **50** I'VE GOT A LOVELY BUNCH OF COCONUTS



NATURAL nutrition



FEED YOUR FAMILY WITH THE GIFT OF GOOD FOOD

We have a problem! Our children eat too much junk food, too much sugar and too much bread. We know bad eating is dangerous to their health. We know it like we know children should wear sunblock and seatbelts.



Yet pressure on us remains immense – to give in to demands for sweet treats, to buy what the supermarket has on offer, to eat convenience meals on weeknights and takeaways at weekends.

The reality is, that when we allow our children to gorge themselves on processed foods, we're effectively letting them pour petrol into a diesel engine. And the price they pay is immense. Unnatural food makes them sluggish, irritable, hyperactive and hungry.

My patients are the second generation of children being raised on processed foods. I have seen a rise in childhood obesity and type 2 diabetes over the past 20 years that would make your head spin. And the graphs keep going up. This is not a new problem. But it is a problem for which the health professionals are failing to find the solution.

So, if the food industry does not have our interests at heart and the health professions

keep falling short, who will change our children's diets for the better?

The solution to the problem lies squarely at our feet.

It's up to us, the parents, to swim against the tide of dietary bad practice, to give our children foods that our great-grandmothers would recognise. Don't worry! It may seem daunting but, together, we are more than adequately armed for the job.

CHOOSE LIVING FOOD

In a nutshell, living food comes from nature. Think fruit and vegetables, red meat, chicken, fish, milk, nuts, seeds and berries. If it looks like it comes from nature – or at least from a farm – it's a leap in the right direction. If your great-granny wouldn't recognise it, it's not living food. Picture her in your kitchen, puzzled by your purchases. Anything she wouldn't recognise and might prod suspiciously with her walking stick is out. Anything refined,



KATHERINE MEGAW

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Kath Megaw holds four medical qualifications including a paediatric dietetic qualification from the prestigious Johns Hopkins University in Baltimore, USA. She has been published in the *Epilepsia* journal on the use of the paediatric ketogenic diet in third-world settings and frequently speaks to groups of both professionals and parents on infant and childhood nutrition. She also speaks on television and radio. She is the co-author of *Feeding Sense* (Metz Press, 2012), has been in private practice for the past 15 years and is the founder of Nutripaeds, a paediatric dietetic practice. She is married with three children (aged 9, 12 and 16).

anything packaged and anything with an ingredients list is a step in the wrong direction.

Sounds obvious, right? But next time you're at the supermarket, look at how much of what you load into your trolley falls short of the definition 'living'. Take the old chestnut, bread. Now not all carbs are baddies, but this one is the supervillian of the supermarket. When you buy supermarket bread it has already lasted for some time. It can last for days on the shelf, actually. It can continue to last for days at home. It doesn't go off. That's because the living nutrients have been removed to increase shelf life. The same goes for fast-food chips that, after nine weeks, still look the same as they did the day they were bought.

As nutritionists, we want your child's food to go off. It proves to us that the food is living. And when your children eat living food, it gives life to their bodies. Food manufacturers rob our children of life-giving food in two ways. Firstly, they remove natural goodness and add preservatives to make food last longer. Secondly, they process food to make it tempting. This almost always involves breaking up whole foods and adding sugar, unhealthy fats and chemicals.

Interesting fact from the early 1900s

Americans, Dr John Harvey Kellogg and Horace Fletcher, declare that protein promotes both masturbation and a proliferation of toxic bacteria in the colon. They promote carbs as a cleaner, more wholesome alternative.



Food from nature is king

Face it, the majority of food products we buy for our children are dibble, manufactured substances designed to make us want more of them. Spreads, sauces, bakes, chips, biscuits, cereals and processed meats all fall into this category. Anything with the word 'snack' on the box is not a real food. Most things that claim to be 'enriched' or offer 'health benefits' are not real food. There's only one thing that's really healthy: food that looks the same in the shop as it does in nature.

SAY 'NO' TO PROCESSED FOOD

Processed food is a killer. In my practice, I am seeing more serious diet-related problems earlier. Childhood obesity and diabetes are growing at an astonishing rate. The kids I consult belong to a second generation of children raised on refined carbs (like supermarket bread), trans-fats, white sugar and pre-packaged or convenience foods.

In my experience, processed food is the opposite of living food. Living food gives life: processed food threatens it.

Beware the jargon

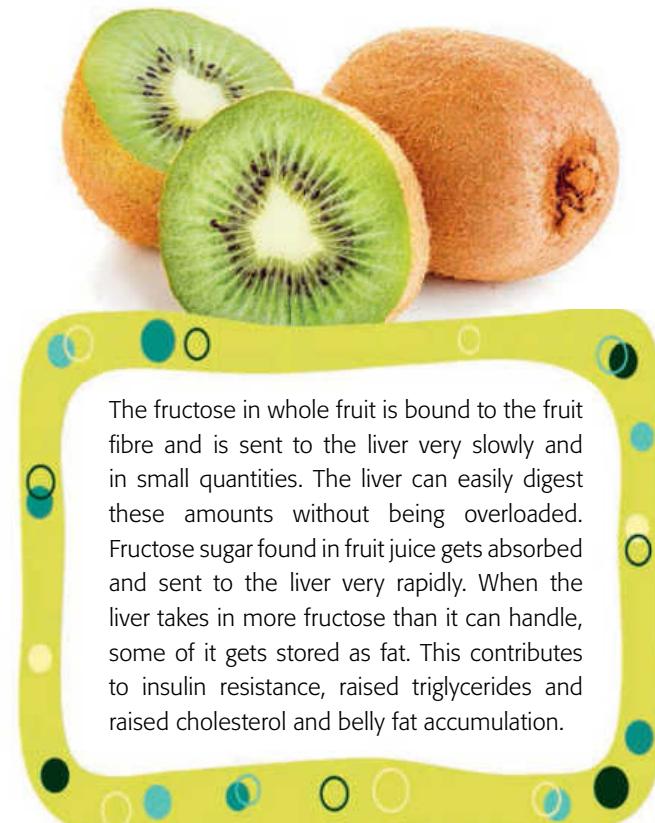
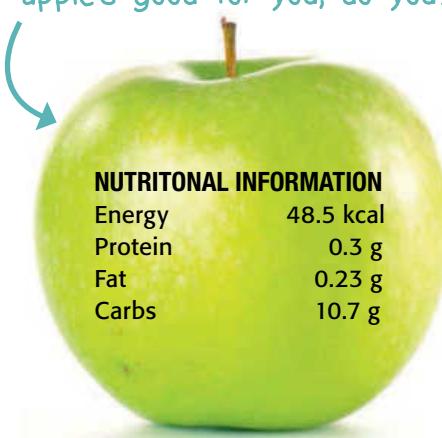
I am pro living food and anti processed food ... not pro fat and anti carb. There is a real danger in playing good guys, bad guys with macronutrients, which is what fats and carbs are. If we choose favourites – fats over carbs, say, instead of carbs over fats – we can be persuaded to buy any old rubbish purporting to be high in one macronutrient and low in the other. My advice: stop buying packaged food. If food comes from nature it's healthy for your child. Full stop. No need to read the label.

CHOOSE VARIETY

In some European countries, like Finland, they have done away with the 'food pyramid diet' altogether and are now working towards a more balanced nutrient intake. Our bodies need all the nutrients and not one should be excluded or limited to make way for another. Variety is essential for your child's health.

Carrots, rice and doughnuts all fall under the heading 'carbohydrates' but not all deliver the same benefits to our children's bodies. The living foods are the healthiest, obviously. But beyond that, each living, whole food offers markedly different benefits to your child's health. Carrots contain heaps of carotene, guavas contain high quantities of vitamin C, and so the list goes on. The more variety, the greater the health benefits.

You don't need a nutritional information label to know an apple's good for you, do you?



GET BACK TO NATURE

Buying or growing living food means being more connected to nature. This is as deeply beneficial to you as it is to your child. Cooking for the people we love – because we must cook (natural food doesn't go ping in the microwave) – also connects us to each other. Viewed like this, cooking can cease to become a chore, and instead become part of living. Sourcing and cooking natural food with your children will create time for chatting and creating – in the garden, the shop and at the table. If you make the effort, you won't just be providing meals. You will be teaching your children how to look after their bodies – in the best way science knows how – and how to celebrate their connection to nature and family through food. ●

Source

Megaw K. *Real Food, Healthy Happy Children*. Quivertree Publications. 2015

IT'S WHAT YOU DO MOST OF THE TIME THAT DETERMINES YOUR

HEAL + H



JASON VALE

Twitter @juicemaster
www.juicemaster.com

He has been described as the 'UK's Anthony Robbins' and the 'Jamie Oliver of the health and juicing world'. His books have now sold over three million copies around the world. Jason has dedicated his life to helping others achieve better health and well-being through freshly extracted juice. He has spent the past 15 years working with hundreds of thousands of people from every corner of the globe, including top athletes, CEOs of major companies, and many celebrities.

In an ideal world, we'd never have anything with refined sugar in it. We'd never drink alcohol, caffeine or anything containing artificial chemicals. We'd consume nothing but fruit, vegetables, whole grains, lean proteins and freshly extracted juices, and we would exercise twice a day, every day, forever more. This, as most of you will know, doesn't happen in the real world.

We will always have the *odd* dietary and exercise indiscretion, and as long as we don't let it spiral out of proportion, there's actually not a lot wrong with it. On a physical level, the body can easily deal with pretty much anything from time to time; we have to make sure that we are just as resilient mentally.

For some people, certain foods and drinks are like nicotine: they can trigger an almost instant reversal of dietary behaviour. When someone has been without cigarettes for weeks, months or even years, just one puff can trigger the old pattern of behaviour, and they can be back on a packet a day before they know it. The same principle applies to food or, to be more accurate, drug-like foods and drinks. Even a slight indiscretion can

lead some people back to all their old eating habits. If you are aware that you are one of these people then be very careful if you ever have a dietary indiscretion. There's no need for it to spiral out of control as long as you are aware of what's happening and you 'clean up' the next day.

The general rule is not to have days and days of indiscretions, otherwise the old foods and behaviours take refuge before you know it, and you'll find it very tricky to 'kick start' yourself again. Once you've made the change and completed the 14-day programme, your new behaviour pattern should have developed sufficiently for your brain to want to keep it. See my book *The Juice Master! Turbo-charge Your Life in 14 Days* for details of this programme.

AIRPORT DAY

If you ever see me at an airport or on an aeroplane you can almost bet your bottom dollar that I won't be eating just salad and having juice. Chances are I'll be tucking into some sort of sandwich, and sometimes even eating the absolute rubbish they serve on the plane. Why? Well, airports are one of the few places where it is genuinely hard to find some decent, natural food, and finding a juice bar is almost impossible (unless you're in Stansted Airport where you have Love Juice – yes, that's the name!).

Having said that, this could easily be seen as a 'but' excuse. If I really wanted to I could prepare some decent food for the flight and bring a packed lunch. However, as the vast *majority* of the time I live an extremely healthy lifestyle, and given that I'm no longer overweight, I know I don't have to be 'anal' about such days and can grab whatever food is available. Often, though, I will actually choose to bring some fruit on a plane, and I always make sure I drink plenty of water because of the dehydrating effect of flying. But if I forget to prepare I will eat whatever is there... to some degree. Well, come on – even I can't eat everything on those plastic 'food' trays; half of it is 'mystery food'.

Now, clearly, if your job involves having to commute by plane every day or once or twice a week, then airport day doesn't apply to you. You will need to look at ways to eat healthily on such days; such as taking fruit and/or a packed lunch.

I have called it airport day but it could just as well be 'theme park day' or 'staying at a hotel day' – it's a day when it's difficult to get decent food and so you choose the best of what's available or prepare and bring your own. If you have an airport day scheduled during the 14-

day programme then you must make certain you prepare: there are to be *no* exceptions whatsoever during this time.

Flexibility is important. You must allow for the occasional airport day and not drive yourself cuckoo. Once again, though, even on airport day, you must avoid foods or drinks which can trigger old patterns of behaviour. For example, I would never, ever have a cigarette again – even on airport day. This is because I don't want to, and it could cause a knock-on reaction and lead me back into the smoking trap. For many people, just a sniff of wheat, white sugar or chocolate is enough to get them back into old ways.

GIVE THE BODY MORE CREDIT

However, if you know that certain 'rubbish' foods will not trigger an emotional hook, then it is imperative that you feel free to have them from time to time. The human body will do its utmost to make sure it turns whatever comes in into usable fuel.

The body can put up with eating rubbish for many years, but eventually it takes its toll. It will start to break down, and disease in one form or another (like weight gain) will set in. It is therefore essential that the *majority* of what comes into the body is in the form of 'live', natural, easy-to-digest, nutritionally rich food and drink. You are still most welcome to have the *odd* exception from time to time, but you must never make the exception the rule.

The danger is that airport day becomes every day, and before you know where you are, you're back in the thick of it. Mental freedom and a non-diet mentality are the keys to life-long success. ●

Source

The Juice Master Turbo-Charge Your Life in 14 Days.
Harper Collins Publishers Limited, 2005

1 COOL BRITANNIA

A touch of red, white and blue.

INGREDIENTS

1 cool **Royal Gala apple**
1 frozen **kiwi fruit**
Handful of frozen **blueberries**
Handful of frozen **red berries**
1 frozen **banana**
unsweetened soya milk

METHOD



2 CRANBERRY DELIGHT

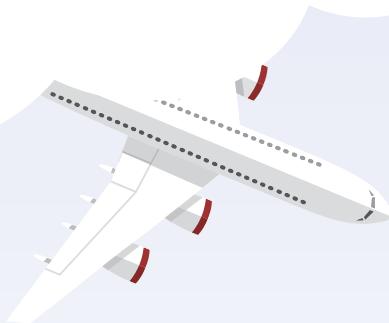
This juice has an incredibly crisp taste and a plethora of nutrients including beta-carotene, folic acid, vitamin C, calcium, chlorine, magnesium, phosphorous and potassium. It is also high in antioxidants and great for digestion and the urinary tract.

INGREDIENTS

1 **mango**
1 **orange**
125 g **cranberries**
1 tsp **Manuka honey**
½ inch **root ginger**
Handful of **ice**

METHOD

Peel the mango, remove the stone and chop into feeder chute-size pieces. Peel the orange with a knife, leaving as much of the white pith on as possible, and juice these along with the ginger and cranberries (you can leave a couple of cranberries for decoration if you wish). Pour the juice into a blender with the honey and ginger and give a quick whiz. Transfer to a long glass and decorate with the remaining cranberries if you wish.



3 THE JOHN TRAVOLTA

Super cool!

INGREDIENTS

- 1 masticating **juice extractor**
(sorry to all those with only a centrifugal!)
- Handful of frozen **raspberries**
- 1 frozen peeled **kiwi**
- ½ a frozen peeled **lemon**
- 1 **banana**
- Pinch of **cinnamon powder**

METHOD

Pre-freeze fruits in plastic container, always remembering to peel and chop first. Place 'homogeniser' slide on your machine then simply push through ingredients. Place natural ice cream in bowl, add cinnamon and enjoy.



4

THE ANTHONY ROBBINS

This is an absolute giant of a juice designed to feed your six human needs: protein, carbohydrate, fats, water, vitamins and minerals.

All the fruit and veg juices in this book contain the above six in various degrees, but like the Juice Master Complete, this is designed to give you your daily dose in one complete juice.

INGREDIENTS

- ¼ **pineapple**
- ½ a **lemon**
- 5 **carrots**
- 3 **apples**
- ½ a **yellow pepper**
- 1 stick **celery**
- 1 spear **asparagus**
- ½ cm piece of **ginger**
- 1 handful of **wheatgrass**
(only include if you have a masticating juicer)
- 1 large handful of **spinach**
- 1 bunch **watercress**
- 1 bunch **parsley**
- ½ an **avocado**
- Handful of **ice**
- 1 teaspoon of **kelp powder** (optional)
- 1 teaspoon of 'live' **acidophilus** (optional)

NOTE

Kelp powder and acidophilus are optional and can be found in any good health food store. Acidophilus helps to replace friendly bacteria in your gut.

METHOD

Peel pineapple and lemon (unless organic) and juice along with everything except the last 4 ingredients. Scoop out the avocado from its skin and place in blender. Add ice, kelp powder, acidophilus and the juice. Blend for 20 seconds then serve.



Source

The Juice Master's Ultimate Fast Food. Harper Collins, 2003.

BAKED SWEET POTATOES WITH WHIPPED WHITE CHEESE

INGREDIENTS

4 large **potatoes** (350-400 g each)

200 g **full fat cream**

200 g **ricotta**

4 tbsp finely chopped **chives** or **spring onions**, plus extra to garnish

4 tbsp finely chopped **flat-leaf parsley**, plus extra to garnish

1 **clove garlic**, peeled and crushed

salt and **milled pepper**, to taste

a handful of **sunflower seeds**, dry fried, to garnish

METHOD

1. Preheat the oven to 200°C. Scrub the sweet potatoes, then cut a deep cross on top of each one.
2. Bake for an hour or until soft. Press the potatoes to open, re-slicing if necessary.
3. Whip together the cheeses, herbs and garlic. Season, then spoon onto the hot potatoes. Sprinkle with toasted sunflower seeds and chopped chives or spring onion and serve.

SERVES 4

MR POTATO HEAD

Sweet potatoes are rich in antioxidants and beta-carotene, as well as vitamin C, iron and phosphorus – all of which makes them an excellent immune system booster.

They are also a particularly good source of vitamin B, or niacin, which is required for stabilising mood.

PER SERVING:

Energy: 567 kcal

Protein: 13 g

Fat: 27 g

Carbs: 68 g

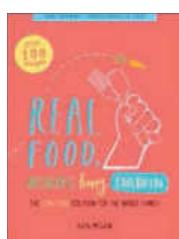
Ratio: 0.3 : 1

ALLERGENS

Dairy

Source

Megaw K. *Real Food, Healthy Happy Children*.
Quivertree Publications. 2015



CRUNCHY GRANOLA

This granola is high in essential fatty acids and soluble fibre for both brain and gut health. Serve with coconut or almond milk, coconut cream or natural full-fat yoghurt, topped with a few fresh berries or cherries for colour. Alternatively, pop portions into ziplock bags as a tasty on-the-go nibble.

INGREDIENTS

1 heaped tbsp **coconut oil** or **ghee**, plus extra greasing
 3 cups mixed **almonds**, **hazelnuts**, **macadamia** and **brazil nuts**
 cup **mixed dried fruit**
 (plums, dried cherries, cranberries, apricots, figs and dates)
 ½ cup **pumpkin seeds**
 cup **unsweetened desiccated coconut**
 ⅔ tbsp **honey**
 (rice malt syrup, maple syrup or coconut syrup can also be used)
 1 tbsp **vanilla extract**
 zest of 1 **orange** (optional)
chia seeds

METHOD

1. Preheat the oven to 150°C. Grease a large baking tray with coconut oil or ghee and line it with baking paper, making sure the sides are covered.
2. Add 2½ cups of the whole nuts and all the dried fruit to a food processor and pulse coarsely.
3. Transfer to a large bowl. Add the remaining nuts to the bowl, along with the pumpkin seeds, chia seeds, desiccated coconut, honey, vanilla extract, coconut oil or ghee (melted) and orange zest, if using. Use a wooden spoon or spatula to mix well and break down any large clumps.
4. Spoon the nutty mix into the lined tray and flatten it using a spatula. Bake for 12 minutes, then remove from the oven and stir. Bake for another 8 to 10 minutes and stir again. Bake for a final 4 to 5 minutes, or until the mixture is crisp and dark golden brown.
5. Remove the tray from the oven and allow the granola to cool completely before transferring it to an airtight container. (It will keep up to one month.)

SERVES 1 TO 12

PER SERVING:

Energy: 314 kcal
 Protein: 6 g
 Fat: 28 g
 Carbs: 10 g
 Ratio: 1.7 : 1

ALLERGENS

Tree nuts

Source

Megaw K. *Real Food, Healthy Happy Children*. Quivertree Publications. 2015





I'VE GOT A LOVELY BUNCH OF COCONUTS

- various benefits of unrefined all-things-organic coconut.

Although coconut does contain a certain amount of saturated fat this formerly 'forbidden food' has redeemed its reputation.



In recent years we have discovered that the coconut is a superfood in many ways, with an enormous amount to offer in the form of water, juice, milk, butter, kefir and oil.

COCONUT WATER

Coconut water and coconut juice – finally freely available in South Africa – are slightly sweet, and very nutritious.

Coconut water is not the same as coconut milk. Coconut water is the liquid found inside unripe coconuts. When the fruit is ripe the water becomes part of the flesh and coconut milk is obtained from squeezing the ripe flesh.

One reason coconut water is so popular is that the electrolyte content is very similar to human plasma, making it an excellent drink and oral hydrator. In fact there are significant benefits

to drinking it (certainly more than for any commercial sports drink), some of which include:

- It is mineral-rich, containing sodium, calcium, magnesium, iron, copper, phosphorus, potassium, protein, vitamin C and some B-vitamins.
- It improves skin texture.
- It is fabulous for promoting weight loss.
- It boosts immunity, and is antiviral.
- It improves the circulation.
- It aids the digestive process, removing toxins.
- It is purported to improve thyroid health.
- It may improve outcome in some liver diseases, such as hepatitis.
- It's great for oedema (especially in the hands and feet).
- It's good for treating burns.
- And it's a good remedy for hangovers!



SALLY-ANN CREED,
POSTGRAD DIP CLIN
NUTR (AUST).

Having suffered from life-threatening illnesses for decades, Sally-Ann was led back to health through diet and wise supplementation by a nutritionally orientated medical doctor, Dr Robbie Simons. She went on to qualify as a nutritional therapist, and is a best-selling author of several books. Sally-Ann won the SA Most Influential Women in Business and Government award 2009/2010, and is a member of the Institute of Functional Medicine, USA, and the South African Association for Nutritional Therapy.

COCONUT MILK

Coconut milk is fast becoming a preferred alternative to dairy- or soy-based products, and is a delicious option if you are vegan or lactose intolerant.

This creamy liquid is absolutely divine to cook with, as in Eastern cuisines such as Thai and Indian food. But there's so much more to coconut milk; it is indeed an exceptional health food.

Containing lauric acid, antimicrobial lipids and capric acid, which are antibacterial, antifungal and antiviral, coconut milk is something of a holistic remedy as well as a food.

Pacific Islanders and Asians who eat mainly coconut oil instead of Western-type denatured vegetable oil have significantly lower levels of heart disease. The medium-chain fatty acids in coconuts kill the three major types of atherogenic organisms – bacteria that cause the formation of plaque in the arteries, which may lead to heart disease – something antibiotics alone are unable to do.

Coconut milk is also immune-boosting, low in cholesterol in spite of what you've heard, and apparently excellent for keeping wrinkles at bay if used directly on the skin. The milk doesn't have the same toxin-removal properties as the water, but it is claimed to be able to lower both blood sugar and blood pressure.

Caution When buying coconut milk, read the label! Some brands have all manner of nasties added to them, so get the simplest one you can find. Fresh is always best, but if that's not possible, choose the least adulterated canned one on the supermarket shelf.

COCONUT OIL

Organic coconut oil is extracted from the dried coconut and I believe that this is the best part



Coconut oil solidifies and turns white when stored in a cold environment and can then be used as a spread instead of margarine. To liquify it again, simply place the bottle in warm water.

of the coconut, and although it's been maligned for many years as something that raises cholesterol, exactly the opposite is true. Just because it is high in saturated fat does not mean that it is dangerous. On the contrary, coconut fat is a unique fat with powerful health-giving properties. The difference lies in the fat molecule itself.

All fats and oils are composed of molecules called fatty acids, and there are two methods of classifying these. The first is based on saturation, so we have saturated fats, monounsaturated fats and polyunsaturated fats. Another system of classification is based on the molecular size or length of the carbon chain within each fatty acid. Fatty acids consist of long chains of carbon atoms with hydrogen atoms attached. In this system you have short-chain fatty acids, medium-chain fatty acids (MCFAs) and long-chain fatty acids (LCFAs). Coconut oil is composed predominantly of MCFAs, also known as medium-chain triglycerides. MCFAs are fabulous for increasing stamina and weight loss, and known to promote heart health.

The molecular size of fatty acids is extremely important, because our bodies respond to and metabolise each fatty acid differently depending on its size. The physiological effects of the MCFAs in coconut oil are distinctly different from those of LCFAs more commonly found in the Western diet. The MCFAs in coconut oil are very different from LCFAs – they do not have a negative effect on cholesterol and actually help to lower the risk of both atherosclerosis and heart disease.

Caution Only ever buy organic coconut oil (to avoid the chemicals used in processing), and only purchase oil in a glass bottle to avoid the leaching of xeno-oestrogens from the plastic.

COCONUT BUTTER

Coconut butter is something you make from blending the coconut flakes at high speed (don't use the desiccated kind; it's not as successful). The butter is totally delicious and I do recommend it. It can stay out of the fridge, no need to refrigerate it. Best to use a high-speed blender to get the right buttery consistency. Food processors are not as successful as a high-speed blender.

It's not difficult to make but it does require patience.

HOW TO MAKE COCONUT BUTTER

Ingredients

2 cups dried, **unsweetened coconut flakes**

Salt to taste, optional

Equipment

Food processor or Vitamix blender

Instructions

Process the coconut: Put the dried coconut in the food processor or blender. Mix on high speed, scraping down the sides often for approximately 18 or 19 minutes, until a thick paste is formed.

WHAT TO LOOK FOR IN THE PROCESS

3 minutes – The coconut breaks down into clumps

5 to 8 minutes – The coconut starts to look more sandy and paste-like. Scrape down the sides of the processor as often as necessary to continue processing the coconut.

11 to 15 minutes – The coconut starts to pull together into a buttery paste. Continue to scrape down the sides of the processor regularly.

Finished – The coconut has been ground to the consistency of peanut butter, thick and spreadable. Add salt to taste if desired, or leave plain and add salt when serving.

Store the coconut butter: Store in a small jar in the fridge, scraping up spoonfuls and microwaving for 10 to 15 seconds to soften and serve.

Makes one small jar

(Use a good brand, like Bob's Red Mills.)

Source: <http://www.thekitchn.com>

CONCLUSION

Coconut oil is the new darling of fats, with vital new evidence and studies emerging on the benefits of saturated fat almost on a daily basis, so why wouldn't you want to try it? It doesn't cause weight gain, may prevent Alzheimer's disease, and certainly tastes delicious. Once erroneously demonised, coconut oil and virtually all things coconut have now become acceptable across the board. There is no need to deny yourself any longer – you will feel so much better for it. ●

Strictly speaking a coconut is **NOT A NUT** but a drupe – a fruit with an outer fleshy part surrounding a shell or pit with a seed inside.





HEY GORGEOUS
Coconut & Jojoba body lotion

This gorgeous body lotion is made with 100% extra virgin coconut oil, cold-pressed jojoba and apricot kernel oil to leave your skin deliciously soft, smooth and summer ready. Coconut oil is a fabulous skin healer with amazing moisturising properties. R110.00 for 250 ml
www.hey-gorgeous.co.za



Coconut Oil Spray

Rejuvenate your hair and skin with the oil that is known for an abundance of fatty acids and phytosterols. You can use coconut oil to deep condition your hair back to its original lustre with an anti-ageing deep hair treatment, or moisturise your skin gently and effectively to reduce fine lines and wrinkles. R79 for 50 ml
www.faithful-to-nature.co.za

COCONUT



can be a substitute for pretty much any product you currently use on your face or hair.

Coconut oil has been used as carrier oil in skin care for many years. It can be used directly on the skin and hair for a beautiful, healthy-looking complexion and moisturised locks.

>> Skin

A tablespoon of coconut oil added to your bath can soften skin. Applied topically, it is effective in increasing hydration, reducing water loss in seriously dry skin and speeds up wound healing, as it's naturally antibacterial and antifungal. Use it as a massage oil because it doesn't absorb immediately, giving you more 'play time'.

>> Hair

For hair care, use a few tablespoons of warm (not hot) oil, depending on your hair length. Massage it through the hair and onto your scalp. Using a towel to cover your head, leave it on for approximately one hour. Wash your hair as you normally do, with natural shampoo. A tiny amount of oil can be added to your ends to add a little shine.



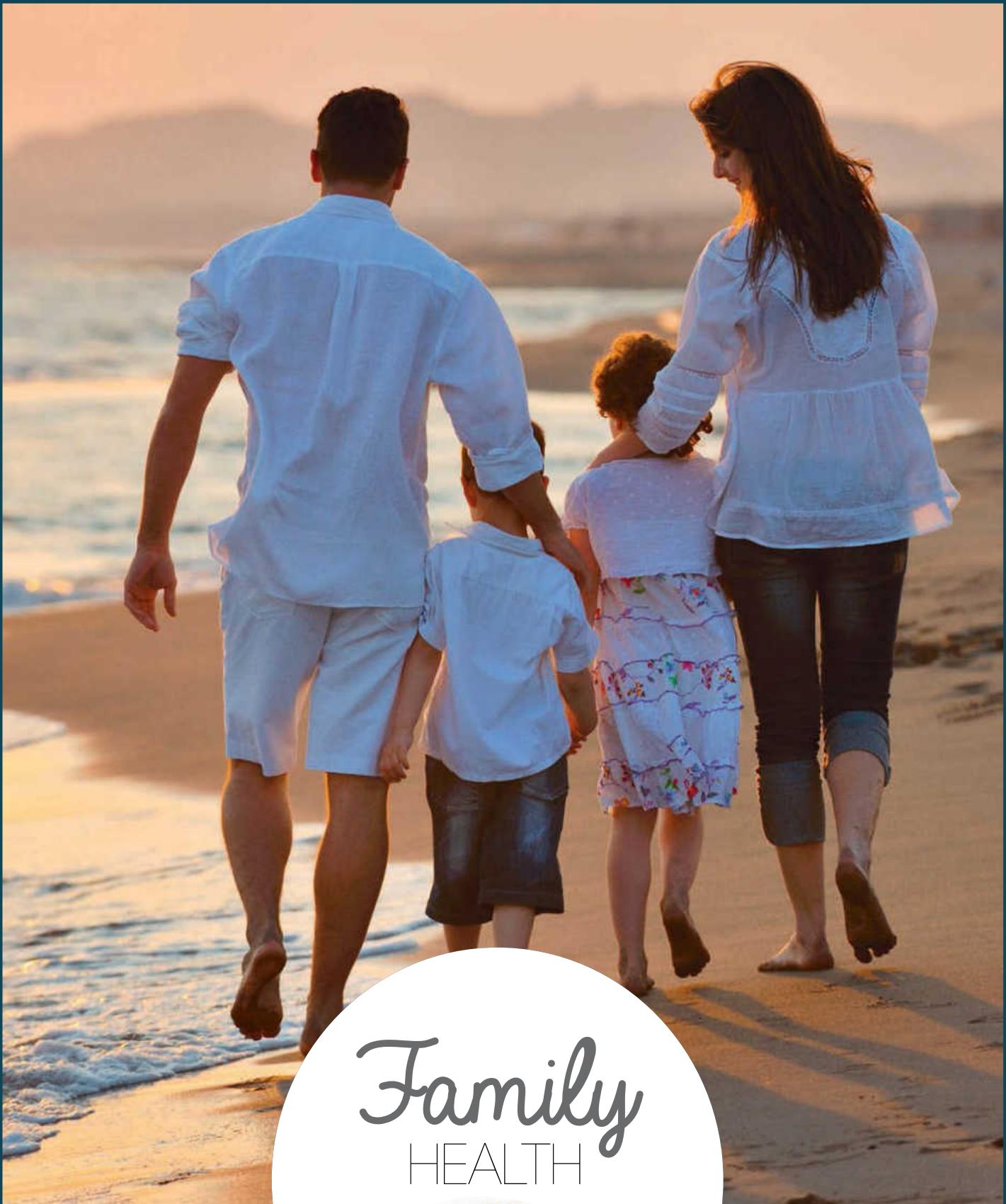
To remove eye makeup

Coconut oil even works on waterproof mascara and does a great job breaking down waxy, inky eye makeup, leaving the delicate eye area hydrated, too. Once you're done, wash your face as usual.

>> Coconut beauty DIY

Make your own moisturising body scrub - inexpensive, and blissfully absent of chemicals you can't pronounce!

Use $\frac{1}{2}$ cup of coconut oil at very low heat. Pour it over 1 cup of brown sugar or salt and stir well. Add in five drops of your favourite essential oil or some pure vanilla extract for a scrub so fragrant you'll want to eat it.



Family HEALTH





PRE-VACATION PREPARATION

DALEEN TOTTEN
Twitter @DaleenTotten

She is editor, publisher and founding member of *Natural Medicine* and Dreamcatcher Publications. She has a passion for knowledge and strives to share the work of the brightest minds and biggest hearts in healing. For Daleen natural medicine is more than taking a pill for an ill philosophy. Natural medicine also encompasses nutrition, lifestyle, spiritual health, exercise, and emotional and mental well-being. She is the mother of three children.



Don't miss a moment of your fun summer vacation. Prepare your body so you don't miss a beat! Planning to be healthy is half the battle; always have healthy snacks on hand so if you're caught starving and with nothing healthy in sight you will have an alternative.

WHAT TO PACK?

- Take an antioxidant complex to help protect against free radical damage (especially if you're spending a lot of time in the sun),

and take your usual supplement regimen (don't forget to pack them if you're going away).

- Digestive enzymes, probiotics, Nervuton 2, tea tree oil and Echinaforce are staples for travel.
- Organic, water-resistant, SPF 30 (or higher) sunscreens may be harder to find after you're already en route. Same goes for UV protective clothing, SPF 15 lip balm, and sunglasses that protect from at least 99% of UV light. ●

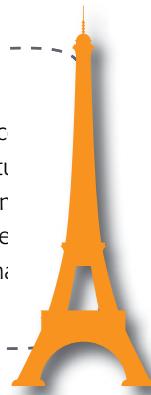


TIPS FOR VEGANS ON THE GO

If you are a vegan, stock your backpack with rice, oatmeal, quinoa, and lentils. This way, you only need to search for fresh produce during your trip and you can cook something up for any meal. Obviously book accommodation with a self-catering option. Also pack snack bars, nuts and dried berries and a few fun extras like powdered superfoods and humus. Find dehydrated versions of your favourite comfort foods to make life on the road easier! Learn food names in the local language; in places that are not vegetarian friendly, if you know the names of foods you cannot eat, many restaurants are willing to make something. You can be vegan abroad, or choose not to be. Don't worry, we won't tell either way.

AVOID OYSTERS WHILE TRAVELLING

Yongjie Wang, a food science specialist at Shanghai Ocean University and lead author of a recently published study, concluded that oysters were an important reservoir for human noroviruses – a place where they can hide between outbreaks and mutate. They can also be transmitted back to humans, presumably when oysters are eaten raw.



EARTHSAP FOOT SPRAY

Step out in confidence with fresh, clean feet – this natural antifungal foot spray is made with real tea tree oil to combat common skin irritations and odours. Apply it in the mornings and evenings to revive those tired travel tootsies. Earthsap's natural deodorising foot spray formula feels good and smells great, plus it's made with a blend of biodegradable botanicals that are gentle on the Earth as well as your skin.

R42 for 15 ml

www.earthsap.co.za



NATURAL ALOE – BODY MIST

Spray your body liberally with this refreshing and rejuvenating body spritzer. The ginger extract helps to revitalise tired skin and the peppermint oil will comfort and refresh the skin. Use during the day to refresh and revitalise or after a bath/shower to leave skin feeling tingly. R55 for 250 ml

www.natraloe.co.za



NAKD COCOA MINT BAR

This happy delicious raw bar is rich, moist, nourishing and satisfying – just raw fruit and nuts cheerfully smooshed together! 100% natural ingredients, no added sugars or syrups, 1 of 5 a day, gluten, wheat, dairy & GM free.

Delightfully delicious, convenient and addictive. R21 for 35g

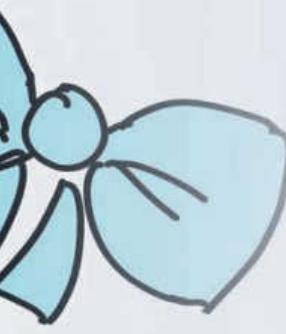
www.naturalbalancefoods.com



FAMILY health

Feeding FERTILITY





We believe that creating a baby is the most miraculous act we humans can achieve. It's not surprising then that we also believe it shouldn't be left to luck or chance. As would-be parents you should take advantage of the wealth of scientific information now available – but sadly not yet in the mainstream – to ensure you give your baby the best start in life.

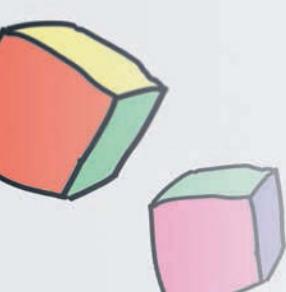


What you eat can make a big difference to how you feel and how your body functions. If you give yourself the very best nutritious food, then you're more likely to achieve optimum health and that means optimum fertility.

Animal breeders understand this – that's why ewes are put to graze on the richest grass before the tupps (male sheep) are let loose, and horses are routinely given nutrient-rich feeds to get them into the best possible condition before mare meets stallion.



But what about humans? It appears we're not treating ourselves so well. As a result, one in six couples now has problems conceiving. Conventional investigations often return a diagnosis of 'unexplained infertility'. The next step, IVF, can be traumatic and expensive, with less than a quarter of women actually ending up with a baby as a result.



But there is a way to increase your fertility naturally – by ensuring your body (and that of your partner) is optimally nourished. Does it work? Statistics suggest a nutritional protocol can achieve a 78% success rate. Being as healthy as possible before conception also increases your chances of having a healthy pregnancy and a healthy baby.

So how do you get yourself in top fertile form? Diet, stress levels, weight and toxin exposure all play a role.

FOUR STEPS TO FEMALE FRUITFULNESS

Unlike men, who produce a regular supply of fresh sperm after puberty, women are born with all their eggs (or ova) in place. Your ovaries contain about two millions eggs at birth, but as you age, they gradually disintegrate. By puberty there are approximately 750 000 left, and by age 45 only about 10 000 are left. Your fertility is dependent on the health of these eggs and your reproductive organs, plus your body's ability to produce the right balance of hormones to 'mature' your eggs ready for ovulation with each monthly cycle. Getting the right mix of supporting nutrients is key to this, as is regulating your weight and dealing with stress. Below are four key steps to support successful ovulation.



PATRICK HOLFORD
Twitter @patrickholford
www.patrickholford.com

He, together with his team, carried out Britain's biggest-ever health and diet survey, the 100% Health Survey, which has now been completed by over 60 000 people. His book, *The 10 Secrets of 100% Healthy People*, portrays the fascinating insights provided by the survey and his 30 years study of good health and how to achieve it.

1 Balance your hormones

Hormones make things happen – for example, follicle-stimulating hormone (FSH) matures an ovum, oestrogen ensures that it is released at ovulation, and progesterone keeps it healthy during and after conception. Yet the fine balance of these hormones can often be disrupted. The mineral zinc and vita-

min B₆ work together to produce and regulate female sex hormones – inadequate amounts of either nutrient can create a hormonal deficiency or imbalance. They also increase your desire for sex (which is why zinc-rich oysters are renowned as an aphrodisiac) and alleviate premenstrual problems – women who suffer from premenstrual syndrome (PMS) are often zinc deficient.

Essential fats – those found in oily fish like sardines, salmon and mackerel, and also in nuts and seeds – are also important for hormone balance. They facilitate healthy hormone functioning, so a deficiency is likely to affect your menstrual cycle and therefore your fertility.

Hormonal conditions which affect the reproductive area, such as polycystic ovary syndrome (PCOS) or endometriosis, can also impact on fertility. Balancing blood sugar is a key aim for relieving PCOS, and supporting the immune system can help alleviate endometriosis. As the underlying causes for specific hormone-related problems are often unique to each individual, seeking expert help from a nutritional therapist can bring real benefits.

Eat foods rich in zinc (oysters, red meat, nuts, seeds, egg yolks, rye and oats) and B₆ (cauliflower, watercress, bananas and broccoli). Also supplement a good daily multivitamin to ensure you get at least 10 mg of zinc and 25 mg of B₆. To boost your essential fat intake, have a portion of oily fish twice a week and eat a handful of fresh, unsalted seeds (for example pumpkin, sunflower, flaxseeds every day, or grind up and sprinkle on cereal or salads). Seeds are also rich in zinc. If you have a specific hormone-related condition, seek the help of a nutritional therapist.

2 Clean up your act

When you want to get pregnant, reducing your intake of, or exposure to, harmful substances can increase your chances of conception, as well as creating a healthier environment for your baby to develop.

According to research published in the journal *Fertility and Sterility*, drinking any alcohol at all can reduce your fertility by half – and the more you drink, the less likely you are to conceive. Another study showed that women who drank less than five units of alcohol (i.e. fewer than four small glasses of wine or 2.5 pints of beer) a week were twice as likely to conceive within six months compared with those who drank more.

Unsurprisingly, smoking hampers fertility too. A study at the Institute for Reproductive Medicine in Germany found that smoking damages the quality of eggs in ovaries, reducing the number capable of producing a baby. And cannabis, considered by some to be safer, is actually equally harmful and also linked to infertility.

Sadly, you can't even seek solace with a cup of coffee. Research has shown that caffeine – also found in tea, chocolate and cola drinks – decreases fertility. A study in *The Lancet* found that just one cup of coffee a day can halve your chances of conceiving.

Environmental toxins should also be avoided where possible. Pollution, pesticides, toxic metals such as lead or mercury, even the chemicals in hair dye and cleaning products, can all impact negatively on fertility, as well as harming a developing baby. The problem is that these toxins don't break down but rather accumulate in your body. In the next issue, we go into more detail on the 'anti-nutrients' to avoid and how to reduce their impact, both for fertility and during pregnancy.

3 Calm down

Deadlines, traffic jams, difficult relationships, money worries, information overload, time pressures... Modern life is full of stress triggers.

But stress puts your body into a state of alert which hinders the smooth functioning of systems such as digestion and reproduction. Stress also burns up stores of nutrients – especially B vitamins – which are crucial for a multitude of functions including fertility.

We know that being relaxed boosts fertility – this explains why holidays are a common time to conceive. But for most of us, taking time off is limited to a few weeks a year. The rest of the time, if you find it hard to relax, get irritable, are unable to 'shut off' from the events of the day or have trouble sleeping, stress is having a negative effect on your health – and this could impact on your fertility.

Stress experts will often say it's not the stress but the reaction that causes the problem. Unless your house burns down or someone dies, most stresses are not disasters. Thinking they are, however, can easily overwhelm you.

Make some time every day to relax – read a book, have a warm bath or just lie down quietly for 10 minutes. If you often feel overwhelmed by stress there are many options that can help you. Learn to meditate, take up t'ai chi or yoga, have a regular massage, learn positive thinking – whatever will help you to relax and get on top of stress.

To calculate your BMI, divide your weight in kilograms (kg) by the square of your height in metres. For example, if you weigh 62 kg and are 1.70 m tall, your BMI is $62 \div (1.70 \times 1.70) = 21.5$. Below 20 is considered underweight, 20-25 normal and 25-30 overweight.

4 Optimise your weight

Women who are either under or over weight can experience fertility problems. Being fat phobic can also impact on hormonal health, so those who avoid eating any fat (especially the good variety) are also at risk.

Swedish research has revealed that the 'average' woman of medium build will stop having periods at 52 kg. And even those who have periods but who have low body weight can be infertile.

Likewise, if you are overweight your fertility can be reduced. Even moderate obesity – classified as a body mass index (BMI) of 25 to 30 (see box) – can reduce your chances of conception and increase the risk of miscarriage. ●

Source

Holford P. *The Perfect Pregnancy Cookbook*, Piatkus, 2010

Naturone

Natural Progesterone Cream with added liposomes

Bio-identical hormones may assist the body in regulating hormonal balance.



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fiona@naturone.com

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www.naturone.com

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All children need to be loved and respected. They have that right! They also have the right to be protected and cared for. They will then be able to show respect and care for others, contributing positively to our society.



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Leaky tinfoil and squishy sandwich bags may result in your child losing her appetite. Bento lunch box set includes six boxes of different sizes, made from colourful BPA-free plastic. With these sturdy boxes that fit perfectly inside each other, you'll get no more spills, leaks or squashing. Bento-ware is the eco-friendly replacement for those single-use lunch bags, plus they're so easy to clean and store. **R285**
www.faithful-to-nature.co.za



KIDDIEKIX

Choconut Crunch is all about making breakfast better! With all of the goodness and none of the junk, this chocolate and peanut butter cereal is delicious and contains no salt, refined sugar, preservatives or additives. **R73 for 500g**
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GREEN START

The Five Senses book will provide hours of fun while making children laugh at the vibrant pictures. This book will explain smell, sight, touch, sound and taste in ways that will delight your little one. **R115.00**

www.faithful-to-nature.co.za





SIMPLY BEE ANTISEPTIC BALM

Simply Bee antiseptic balm is an amazing all natural ointment and definitely a must-have for your household's first aid kit. One of the best sellers in the Simply Bee range, it helps for almost any skin ailments. This includes acne, psoriasis, sunburn, cold sores, rashes, insect bites, eczema, nappy rash, bed sores and many more skin ailments. **R46 for 25ml**

www.simplybee.co.za

CHILDREN ARE NOT THE PEOPLE OF
TOMORROW BUT ARE THE PEOPLE OF TODAY.
THEY HAVE A RIGHT TO BE TAKEN SERIOUSLY,
AND TO BE TREATED WITH TENDERNESS
AND RESPECT.

THEY SHOULD BE ALLOWED TO GROW INTO
WHOEVER THEY WERE MEANT TO BE -
'THE UNKNOWN PERSON' INSIDE EACH OF
THEM IS OUR HOPE FOR THE FUTURE.
-JANUSZ KORCZAK

Eat Smart Bee Smart!



- Avoid foods with a high GL (Glycaemic Load)
- Avoid overly processed foods and refined 'white' foods
- Avoid foods containing sugar, ie. fizzy drinks
- Combine protein foods with low-GL carbohydrate foods
- Make sure your child is eating fruit and vegetables every day
- Encourage your child to eat breakfast
- Avoid caffeinated drinks, such as cola, tea and coffee

The 4 Golden Rules

1. Ensure essential fats to feed and nourish the brain
2. Eat a low sugar and low GL-diet: the key to balancing blood sugar levels
3. Increase vitamins and minerals for mental and physical health and well-being
4. Consider food allergies

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Eczema in dogs



By far the greatest challenge to a veterinary homeopath is the management of canine eczema or atopic dermatitis (AD) which occurs when a dog develops a sensitivity to environmental allergens that pose no threat to the majority of individuals.

You will know when something is amiss with your furry friend when he starts to scratch for no apparent reason. He's had his bath and is not sick, but those beautiful brown eyes are miserable. Soon after, the unsightly eczema will raise its ugly head in the form of red, inflamed skin and even oozing sores.

In my own referral practice more than 60% of my dog patients present with recurrent skin disorders. These are family pets in major distress due to this severe condition. Signs are initially seasonal, but deteriorate and occur year round. The tragedy is that those dogs affected by chronic irreversible dermatitis will pay the ultimate price by being euthanised — therefore we need to take action as soon as possible to avoid painful goodbyes. This involves a knowledge of the causes of canine eczema and how to both prevent and treat it.

CAUSES

The environment

According to a study¹ performed by the International Committee on Allergic Diseases of Animals (ICADA) in 2010, initiating factors for AD include increased exposure to environment allergens (especially house dust mites and pollens), the ingestion of food ingredients, and flea or other insect bites. Flare ups normally occur only if the dog is hypersensitive to these different allergens, and if the allergen load is sufficiently high. Inflammation and scratching exacerbate the condition.

Many skin diseases are significantly affected, for better or worse, by a change in the animal's environment. Please do not, however, dig up your lawn until absolutely convinced that the grass is indeed the culprit!



REV DR ALEX NIVEN,
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He has a Veterinary Medicine and Surgery degree and is a Deacon in the Roman Catholic church. He is a member of the South African Veterinary Council and the South African Veterinary Association. He completed a classical human homeopathy course for medical practitioners in Johannesburg and, following extensive success of clinical homeopathy with animals, formulated a range of homeopathic animal products under the Eco-Vet label.

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The role of nutrition

Nutrition is extremely important and has to be acceptable to owner and dog in terms of availability, economics, good presentation, low odour and handling ability. With a new puppy, however, the caring owner must be aware of the little one's potential susceptibility to lurking colourants, preservatives and sugars for palatability – all of which are far removed from the raw meat and partially digested vegetable matter that small, new body is designed to handle.

If we do have to feed packaged feeds, the more expensive brands are less likely to be associated with problems.

In dogs, as in humans, food allergies can manifest with clinical signs of AD, hives and other syndromes.²

The current gold standard for the diagnosis of food allergy involves the exclusion of certain food products for at least eight weeks until scratching has ceased. If required, the original food may be reintroduced whereupon any tendency to scratching indicates where the problem lies.

Never tire of hearing about the immune system. It should be mentioned in every article on health, as this is where the fundamental problem exists.

Parasites and the immune system

All dogs carry mange mites³ and pregnant bitches pass these on to the foetus. Whether or not the pups will develop a reaction depends on the strength of their immune system at birth and how they will adapt to life in general. In perfect health a balance exists between dis-ease and health. In the puppy period of 8 to 16 weeks, pimples, hair loss and scratching are often of significance. In the majority of cases any reaction or manifestation as dis-ease is transient, requiring no treatment, just patience.

Many owners panic at this stage and request treatment. Mites may or may not be diagnosed on skin scrapings and this may initiate various treatments that now disturb that much-needed balance in dermal order. An overkill of organo-phosphorus dips, shampoos and pour-on products of immense toxicity, designed to kill the parasites, are administered along with anti-inflammatories and antibiotics.

There may be an initial improvement followed by a cycle of recurrence, requiring further treatment which ironically may create a chronic phase of intractable dermatitis in the poor puppy. In the natural order of things we may see a subsequent deterioration in real health as the deranged immune system attempts to self correct, including ultimately the development of more chronic and insidious disorders such as abnormalities in bone formation and inflammation of the kidneys.



HOMOEOPATHY HELPS

Remember again the like-cures-like principle of homeopathy and consider how cortisone and histamine in potentised form can, with other remedies such as *Arsenicum album*, offer the possibility of relief and even a permanent cure when an approach against specific antigens is considered.

There are a number of interesting aspects to consider in the management of skin disease, including the pH status of canine skin, its frequent contact with an unnatural, clinically clean environment, the constant presence of parasites, allergic and sensitivity conditions, the ability of a happily scratching dog to self-destruct, and the almost universal practice of juvenile neutering.

Our animal friends, neutered as babies, are almost totally deficient in the many benefits that sex hormones bring. This can contribute to the skin's quality and condition and contributes significantly to skin disease. Extensive field work has clearly established the value of homoeopathic sex hormones in the balancing of the neutered female system in the struggle against skin disorders and urinary incontinence.

Immune modulation

Before intensive therapy with recommended drugs is considered it is worth modulating the immune response. Remedies such as *Echinacea angustifolia*, *Eleutherococcus senticosus* and *Acidum phosphoricum* will support the immune response, while *Antimonium crudum*, *Thuja*, and *Castor equi* will contribute to healthy skin formation.

Nutritional supplements containing colostrum⁴ also play a significant role. This naturally occurring substance is still in Cinderella land, and yet so much scientific evaluation has clearly indicated how valuable it is in many

disease situations. It has powerful anti-inflammatory, anti-parasitic and immune modulatory effects.

This approach often results in a gradual improvement in pruritis, odour and skin texture within three weeks, although full hair cover may take up to three months.

Puppies treated in this manner always recover.

CONCLUSION

Be your best friend's best friend. Avoid causes for AD where you can and if your dog does develop eczema, learn to recognise the early symptoms in order to manage the condition as soon as possible. And remember, homoeopathy works, naturally! ●



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HOW SLEEP AFFECTS SPORTING PERFORMANCE

By the EDITORIAL TEAM

The intake of stimulants or alcohol, an overly full training schedule, the anxiety or excitement associated with the competition, right down to an uncomfortable bed, can all affect a good night's sleep.

The type of base set that you sleep on plays a major role in determining the quality of sleep that you enjoy. It is important to choose the right mattress and ultimately get a better night's sleep.

Strenuous exercise depletes the body, so what athletes do before and after a competition has a direct influence on their endurance, speed and accuracy. If the average of six to eight hours of sleep a night is cut short, the body doesn't have time to repair muscle, consolidate memory, replenish nutrients and release hormones.

PRACTICAL TIPS TO IMPROVE YOUR QUALITY OF SLEEP

Sleep is essential to restoring physiological and cognitive functions.

1 Get into a rhythm

A disturbed sleep cycle as a result of going to bed too late or having an irregular routine can lead to greater drowsiness, so it is essential to adopt habits that will encourage the onset of sleep. Routines vary from individual to individual. What's important is that you create one and stick to it.

2 Consider the condition of your current bed

Investing in a quality bed and base set will ensure the best night's sleep. Choose the comfort level that suits your body, choose your preferred brand within the selected comfort level and then select the base set size that best fits your needs.

3 Treat anxiety

Consider investing in a few sports psychology sessions with a professional who specialises in this field. Addressing your anxiety and finding the correct coping mechanisms can go a long way in helping athletes perform better.

4 Avoid stimulants

Caffeine, whether from coffee, tea, soft drinks or energy drinks, can be detrimental to a good night's rest. Limit your overall caffeine consumption and make a rule of not having any caffeine after 6 pm.

5 Limit alcohol intake

Whilst the consumption of alcohol may help the onset of sleep, it significantly reduces the duration of deep sleep, an essential phase when recovery takes place. In addition, the effects of alcohol persist long after it has been fully metabolised by the body. Limit alcohol consumption during intense training or before a competition.

6 Rehydrate regularly

Many athletes are in the habit of consuming large amounts of water towards the end of a day to offset dehydration caused by sweating. Whilst rehydration is essential, the urge to urinate can keep you up at night. Ideally athletes should rehydrate regularly throughout the day, rather than trying to compensate for loss of water in one fell swoop.

7 Eat right

Research has shown a link between nutrition and sleep. Sleep-deprived individuals tend to eat poorly, and are more likely to eat energy-dense foods that cause energy spikes and dips. Being conscious of what food you put into your body will ultimately help your sporting performance.

The more sports enthusiasts and professionals know about the impacts of sleep, the better they can adjust their life to getting the adequate amount and quality, ultimately helping them on the road to overall well-being. ●



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Cycling technology has come a long way since we developed our first Edge computer in 2005 and is continuing to evolve faster than ever. The same technology developments that bring connectivity to many aspects of our lives, such as high-speed data connections, low-energy wireless protocols and smaller hardware components, are changing the world of cycling as well. A connected bike, and the data that can be gathered from it, can help cyclists have more fun on the road, achieve better performance, increase safety, and avoid injuries.

Follow this programme to be your fittest in 2016

To build a good habit it is important not to place too many demands on ourselves. Trying to do too much too soon is a sure-fire way to failure. The most important tip for success is consistency. We all lead hectic lifestyles, so open your diary or calendar, make a commitment to yourself and set aside three days a week to achieve your goal to be your fittest in 2016.

Stretching is vital to any exercise programme. After warming up and cooling down it's important to stretch the primary muscles for walking, running and cycling – calves, thighs and hip flexors. Exercise contracts and shortens muscles; stretching lengthens and relaxes them. Effective stretching when warmed up will increase the efficiency of your muscles and reduce the risk of injury. Stretching should be to a point of mild tension, NEVER into pain. Pain is your body's signal to back off and protect itself. Hold each stretch for 5 to 10 seconds or until the tension reduces, and then develop the stretch a bit deeper as the muscles relax.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Week 1		Walk 10 minutes		Cycle 5 minutes			Walk 15 minutes
Week 2		Walk 15 minutes		Cycle 5 minutes			Walk 15 minutes
Week 3		Walk 15 minutes		Cycle 10 minutes			Walk 20 minutes
Week 4		Walk 20 minutes		Cycle 10 minutes			Walk 20 minutes
Month 2	REST	Walk 20 minutes		Cycle 15 minutes			Walk 5 minutes to warm up Run 1 min., walk 2 min. x 6 Walk 5 minutes to cool down
Month 3	REST	Walk 5 minutes to warm up Run 1 min., walk 2 min. x 6 Walk 5 minutes to cool down	REST	Cycle 20 minutes	REST	REST	Walk 5 minutes to warm up Run 1 min., walk 1 min. x 10 Walk 5 minutes to cool down
Month 4		Walk 5 minutes to warm up Run 1 min., walk 1 min. x 10 Walk 5 minutes to cool down		Cycle 25 minutes			Walk 5 minutes to warm up Run 2 min., walk 1 min. x 6 Walk 5 minutes to cool down
Month 5		Walk 5 minutes to warm up Run 2 min., walk 1 min. x 6 Walk 5 minutes to cool down		Cycle 30 minutes			Walk 5 minutes to warm up Run 3 min., walk 1 min. x 5 Walk 5 minutes to cool down
Month 6		Walk 5 minutes to warm up Run 3 min., walk 1 min. x 5 Walk 5 minutes to cool down		Cycle 30 - 35 minutes			Walk 5 minutes to warm up Run 4 min., walk 1 min. x 4 Walk 5 minutes to cool down
Month 7		Walk 5 minutes to warm up Run 10 minutes Walk 5 minutes to cool down		Cycle 30 - 40 minutes			Walk 5 minutes to warm up Run 20 minutes Walk 5 minutes cool down

By Dr Guy Ashburner

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Creating Conditions for **ADRENAL REGENERATION**



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He is a surgeon, pathologist, immunologist, allergist, and teacher in self-regulation. He has written many books and has had more than 154 papers published in various medical journals. He is deeply committed to medicine that reverses chronic disease and preserves health using non-pharmacological molecular protocols of nutrition, allergy and chemical sensitivity, self-regulation and fitness. He is the author of *The Principles and Practice of Integrative Medicine* (available from www.canary21press.com).



All chronically ill people have adrenal dysfunction and the adrenals regenerate in most cases when all relevant oxygen-related elements are addressed. Adrenal support (supplementation) is often necessary for months, sometimes for longer periods, during adrenal recovery.

There are 10 important considerations concerning adrenal dysfunction within the broad context of oxygen homeostasis, adrenal dysfunction and healing:

1

The existence of adrenal dysfunction can be easily established with simple urine tests.

2

The adrenal dysfunction of every individual requires an individualised integrative plan for regeneration and recovery.

3

The essential 'adrenal question' is not what diagnostic label is chosen for a person with a dysfunctional gland. We are all affected by contaminated foods, habitat chemicalisation, and unrelenting stress. The question is rather how adrenal function can be assessed and restored.

4

The degrees of adrenal dysfunction are best assessed clinically, as well as with the measurement of 24-hour urinary excretion of adrenal and gonadal metabolites.

5

Adrenal regeneration requires spiritual equilibrium and full restoration of oxygen homeostasis.

6

All disruptions of the bowel, blood, and liver ecosystems must be effectively addressed for adrenal homeostasis.

7

In my clinical experience, the direct short-term adrenal support is optimally provided with hydrocortisone, beginning with small doses of 2.5 mg twice daily to larger doses of 10 to 20 mg daily.

8

The inter-relationships of the adrenal gland with stress, the hypothalamic-pituitary axis (HPA), gonadal output, insulin metabolism, and the energy economy cannot be understood except by looking through the prism of oxygen homeostasis.



9

Most people with adrenal dysfunction pass from an initial overactive (hyperadrenergic or Cushing's syndrome-like state) to a later underactive (hypoadrenergic, Addison's disease-like) state.

10

An increasing number of young people are 'gender-skewed' — females are 'male-like' and males are 'female-like,' so to speak — and the adrenals play crucial roles in the phenomenon of gender devolution.

THE ADRENAL GLAND IS OXYGEN'S CRISIS MANAGER

The Oxygen King of human biology evolved the adrenal gland to serve as its primary crisis manager. Oxygen preserves the structural and functional integrity of adrenals in many ways. When adrenals falter, oxygen strengthens them by evoking homeostatic responses in other regulatory systems of the body. When the glands are exhausted, oxygen regenerates them. When the Oxygen King is besieged by toxic overloads and is unable to create conditions for adrenal regeneration, the glands fail, collapsing the entire crisis management functions of the body.

When survival is threatened, oxygen mounts a 'total-body response' for maximal effort to counter the threat. Oxygen directs the adrenal glands to release bursts of catecholamines to support the highest level of preparedness throughout the body. Catecholamines — epinephrine, norepinephrine, dopa, and others — are some of the most potent oxidisers in human biology and energise host defences of all cell populations. Below are the aspects of oxyradical dynamics that support my evolutionary perspective of the oxygen-driven adrenal differentiation and function.

ADRENAL SUPPLEMENTATION FOR ADRENAL REGENERATION

I care for people with adrenal dysfunction. I do not treat adrenal diseases. The cases of benign adrenal tumours and adrenal cancers, of course, are different. I have addressed the crucial issues of philosophic and spiritual equilibrium and the restoration of the bowel, blood, and liver ecosystems in past articles. As for providing adrenal support until there is sufficient adrenal regeneration, there are two approaches:

1. Direct support with hydrocortisone
2. Indirect support with raw adrenal extract, phytofactors (plant remedies), and nutrients.

Below, I relate how I concluded that direct adrenal support yields superior clinical results in most cases. In the mid-1980s, I investigated the clinical benefits of bovine raw adrenal concentrate, as well as phytofactors and nutrients for adrenal support. Among the phytofactors, prescribed in combinations and rotations, were daily doses of roots of liquorice (DGL form 500 to 1 000 mg), rehmannia (500 to 750 mg), ashwagandha (100 to 200 mg), and Chinese yam (500 to 750 mg). Among the nutrients were daily doses of pantothenic acid (50 to 150 mg), pyridoxin (25 to 50 mg), riboflavin (10 to 20 mg), and ascorbic acid (1 000 to 2 000 mg). These adrenal factors were prescribed concurrently with antioxidants, minerals, and redox-restorative substances, such as glutathione, MSM, taurine, and others. In the early 1990s, I compared the clinical benefits of the above factors with those of DHEA, pregnenolone, and androstenodione in daily doses of 25 to 50 mg each for men and for women half as much on alternate days. In the mid-1990s, I undertook a systematic study of hydrocortisone.

THE USE OF HYDROCORTISONE

Based on that experience, in my hands most patients with adrenal deficit respond best to direct adrenal support with hydrocortisone (daily doses of 5 to 20 mg). The short-term use of low-dose hydrocortisone is safe, effective, and without any adverse effects. It is widely misunderstood because it is confused with high-dose synthetic steroid therapy.

The subject of initial adrenal support with hydrocortisone creates unnecessary confusion in the minds of many people uninitiated in this therapy. They fail to see the difference between gentle adrenal support with low-dose hydrocortisone and massive synthetic steroid therapy in common use among the practitioners of pharmacologic medicine.

I urge readers to consult an experienced integrative physician to guide them for adrenal regeneration and healing. In The Three-Legged Throne of Oxygen and Adrenals in the February/March 2008 issue of the *Townsend Letter*, I presented a full description of my Oxygen's Three-Legged Throne model. The crucial point of this model is that oxygen is the prime mover of human biology. It is neither a substrate in the oxygen-signalling phenomenon nor in the oxygen-driven cellular energetics. Dysfunctional oxygen homeostasis (dysox) is the state of disrupted oxygen signalling and oxygen-driven bioenergetics.

The Oxygen Model of Disease is a unifying model of enormous explanatory power – for understanding the basic nature of the disease processes, as well as for designing testable, rational, and scientifically sound integrative plans for restoring health. My Oxygen Model of Adrenal Dysfunctions is at significant variance from the current think-

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ing in endocrinology. Endocrinologists, with rare exception, continue to be preoccupied with named adrenal syndrome — Cushing's syndrome, Addison's disease, Conn's syndrome, and Sheehan's syndromes — as well as pituitary tumours and hypothalamic disorders. Such lesions account for an exceedingly small number of chronically ill individuals with objectively and quantifiably detected adrenal dysfunction. This, indeed, is one of the core messages of this article. My assertions are based on extended clinical work with over 7 500 patients with chronic illness and on close analysis of over 900 profiles of the 24-hour urinary excretion of steroid compounds.

The crucial clinical importance of the Dysox Model of Adrenal Dysfunction is that it requires an unfaltering focus of all relevant issues of oxygen homeostasis regardless of the patient's adrenal status on the CushingoidAddisonian spectrum — in the early Cushingoid overactivity phase, in the eventual Addisonian failure, or in the intervening states of overactivity or depletion. In clinical practice, I consider it imperative for creating conditions that foster adrenal functional restoration and recovery. ●





Natural REMEDIES



Citronella GRASS

Used in soaps and creams, the oil has antiseptic, antispasmodic, diuretic, deodorant and anti-fungal properties and is favoured worldwide to keep ants, fleas, ticks, moths, mosquitoes and flies out of the home. Citronella grass will protect you and your household throughout the summer from mosquitoes and flies.



CULTIVATION

Plant citronella grass in full sun, spaced 2 m apart, as the perennial clump quickly expands into graceful, long leaf blades. A deeply dug, richly composted area is essential for the rewards this precious grass offers. Water twice or three times a week to ensure good leaf growth and development. Remember, citronella grass originates from tropical and subtropical areas only, and frost will damage it severely – so be sure of ample winter protection.



PROPAGATION

Pull small tufts off the main plant and immediately replant them into compost-filled bags, to allow them to establish.

I allow the clumps to develop for several years before splitting and dividing. During spring, in the early stages of propagation, whole clumps can be broken apart and the fragrant leaves cut off, leaving a rooted section 30 cm long for planting. If this is kept protected, watered and shaded, its growth is assured, and by midsummer new, strong plants emerge, ready for planting out in the garden. Create a sturdy dam around each plant, and water twice or even three times a week.

HARVESTING AND PROCESSING

In many years of lecturing on the medicinal values of essential oils, making citronella oil became a favourite activity with most students, and we grew many clumps of the richly fragrant citronella grass.

To make the oil, in a double boiler simmer three cups of finely chopped citronella grass bladed in a cup of almond oil, stirring frequently and pressing the leafy blades well down with a spoon. Simmer the liquid for 30 minutes, keeping the saucepan covered when not stirring. Allow to cool, covered, overnight. The next morning, reheat the liquid for 10 minutes, then strain it through a muslin-lined, new sieve and pour it into dark glass bottles.





MEDICINAL USES

The pale yellow liquid with its rich, lemony scent makes an excellent massage oil for muscular aches and stiffness. Diluted 1 in 10 in a carrier oil, it can be applied to the affected area. Citronella oil relaxes tense shoulder muscles and can be massaged over rheumatic aches and pains. If blended with a few drops of rose geranium essential oil or lemon essential oil, it makes a comforting foot oil and eases sinus or nasal congestion and other discomforts from flu, colds, coughs and fatigue. It lowers fever, aids digestive problems and eases menstrual aches and pains.

Add two teaspoons of pure citronella oil to one and a half litres of warm water, shake it up well and use it as a room spray, shaking frequently to disperse the oil. Spray yourself too, when sitting outside on the patio on hot summer nights. Alternatively, make citronella grass 'tea' and use it as a spray.

To make the 'tea': Boil up to two cups of grass pieces in two litres of water for 10 minutes, then cool and strain the liquid and pour it into a spritz-spray bottle.



On plantations in Sri Lanka, harvester reap the flowering heads and long stalks and tie them in bundles to dry, for burning in the fire as an insect repellent.

Citronella also has a remarkably calming effect. Sri Lankans use the leaf blade as a tea to ease sleep patterns and encourage relaxation, particularly in the tropical heat (add 1/4 cup of fresh leaf to one cup of boiling water, let it stand for five minutes, then strain). Drop a few drops of citronella oil onto a candle and burn it in a safe place, out of draughts and away from anything flammable. The pleasant citronella scent will refresh stale air, ease headaches and help everyone stay calm and relaxed.

Burn citronella candles to create calm and chase away mosquitoes.

Photographs Sandy Roberts Publisher. Struik Nature, an imprint of Penguin Random House

Plant Height Soil Exposure Propagation

Perennial grass
Up to 1 cm
Richly composted, deeply dug
Full sun
Clump division

Synthetically copied citronella oil does not have the same value, so be sure of the source when you buy the oil. For pure citronella oil, choose a reputable essential oil dealer. Making your own oil from the grass is definitely preferable – and it is easy to grow.



INTERESTING FACT

Citronella grass grown in Java yields twice as much fragrant citronella oil as citronella grass grown in Sri Lanka.



MARGARET ROBERTS

www.margaretroberts.co.za
Facebook: Margaret Roberts Herbal Centre

She is a herbal pioneer in South Africa and lectures and consults on herbs, medicinal foods and environmentally safe natural insecticides at tertiary institutions countrywide and at her Herbal Centre at De Wildt. She has shared her knowledge through over 30 books and ongoing radio and television series. Margaret received a Laureate Award from Pretoria University in recognition of her outstanding contribution to this field. Contact: 012 504 2121

Source

Roberts M. *100 New Herbs*. Struik Nautre. 2015.

Pycnogenol

WHY HAS IT BEEN FORGOTTEN?
(pine bark extract)

Pycnogenol is made from the bark of the French maritime pine tree. It has a long history of use and a great deal of very good scientific backing, especially in the treatment of venous and capillary disorders.



In South Africa, Pycnogenol is much less well known than another similar product, namely grape seed extract. They both contain bioflavonoids, in particular the bioflavonoid procyanidin. About 250 different procyanidins have been identified in Nature. The properties of these products are similar but not exactly the same. Depending on marketing and availability one product may be more popular than the other.

While the bioflavonoids present in Pycnogenol tend to be emphasised, it also has other active ingredients that make it unique. These include organic fruit acids which are potent antioxidants, reduce constriction of blood vessels and cramping of the uterus, and have anti-inflammatory action. This exclusive blend of bioflavonoids and fruit acids makes Pycnogenol unique and confers benefits that may not be present in any other product in this particular way.

I was curious to read that while pine bark seems like a strange place to find a natural remedy, the facts are that in some places around the world people make flour from pine bark which they mix with bread flour, and in times of famine bark bread even becomes a staple. Our own traditional healers use tree bark a great deal in remedies, either alone or mixed with other plants, and so do Chinese herbalists. So clearly tree bark has medicinal properties and has been recognised since ancient times.

THERAPEUTIC USES

Reduces platelet stickiness

Pycnogenol reduces platelet stickiness. In this regard it has been shown to be as effective as aspirin, without increasing bleeding time which is a problem with aspirin.¹

In another study a group of individuals at high risk for developing thrombosis were given

Pycnogenol tablets prior to departure for extended air travel and again six hours later. This was repeated the following day. The group receiving the Pycnogenol had no evidence of thrombosis compared with the control group, where there was one episode of deep vein thrombosis and four episodes of superficial vein thrombosis.²

Cardiovascular health

Pycnogenol benefits cardiovascular health. It helps to increase the concentration of nitric oxide produced by the endothelial cells lining the blood vessels, and the nitric oxide in turn causes blood vessels to relax, thus improving blood flow.

Microscopic evaluation of capillaries at the root of the finger nails showed that consumption of 60 mg Pycnogenol per day for four weeks significantly improved micro-circulation.³ This effect will be of special value in diabetics and has also been shown to be valuable in helping to lower blood pressure.⁴

In another study, 60% of patients taking a calcium channel blocker together with Pycnogenol were able to reduce their prescribed medication by half to keep their blood pressure in the healthy range.⁵

Strengthens capillary walls

Pycnogenol strengthens capillary walls. It interacts with collagen scaffolding to strengthen blood vessel walls making them more resistant to rupture and decreasing capillary wall permeability. It has been used to prevent retinal bleeding, improve chronic venous insufficiency and lessen swelling of tissue as may occur in long air flights.⁶ One study showed it to be even more effective than horse chestnut extract.⁷

People who bruise easily should take Pycnogenol.

Anti-inflammatory and anti-histamine effects

Pycnogenol has been shown to have anti-inflammatory and anti-histamine-like effects suggesting that it may be useful in hay fever and asthma.⁸

In a double-blind placebo-controlled cross-over study, Pycnogenol improved airway function by reducing leukotrienes and other pro-inflammatory mediators in the blood. Patients generally noticed an improvement in their breathing ability.⁹

Eye health

There are many reasons why Pycnogenol can improve eye health. It is a powerful antioxidant. It improves vascular wall strength, which will prevent bleeding, it has anti-inflammatory and anti-oedema properties, and will improve the nutritional status of the eye. Another double-blind placebo-controlled study demonstrated that Pycnogenol improved visual acuity in patients suffering from diabetes, atherosclerosis and other diseases. Patients took 50 mg of Pycnogenol three times per day.¹⁰

CONCLUSION

You may be surprised at this nutrient – and I have only touched on some of the clinical studies. There are many more. Doctors need to know that natural remedies are being well researched. Most of the studies are small compared with those carried out by drug companies; nevertheless the cumulative research on many nutrients is very significant and not to be dismissed. ●

A list of references is available from the *Natural Medicine* office.
Tel: 021 880 1444



DR BERNARD BROM,
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He is the Co-Chairman of the South African Society of Integrative Medicine (SASIM) and of The Traditional and Natural Health Alliance (TNHA). Dr Brom started his practice in 1976 using a holistic approach incorporating natural medicines, homeopathy, herbal medicine, nutritional medicine and lifestyle management. His special interests include energy medicine, integration of the art and science of medicine, development of intuition, questioning the nature of health and healing, and a deeper understanding of the nature of Spirit in the practice of medicine.



STEP-ON-AIRS

In the heart of the Karoo lies Oudtshoorn, a small town made famous for its Feather Palaces during the ostrich feather boom in the 1920s. Oudtshoorn Footwear dates back to the 20th century and has been the principal ladies' footwear manufacturing division of Watson Shoes since 1976.

Their Step-on-Airs range is handcrafted by skilled craftsmen from the small community of Oudtshoorn and the brand is synonymous with extra comfort and a secure fit. It takes approximately six weeks to produce the finest pair of Step-on-Airs which will guarantee happy, healthy feet.

Badly designed high heels place stress on the critical joint in the ball of the foot. Too much pressure inflames the joint between the bones, and nerves can also become inflamed. In severe cases the bones in this area can even suffer hairline fractures. Stilettos are the worst culprits when it comes to sprained ankles: lateral sprains occur when the foot rolls to the outside and ligaments are stretched beyond their capacity. This type of injury increases the risk for osteoarthritis in later life.

Ballet flaps and flip flops offer no support and prevent the foot from functioning properly. Knee, back and hip problems may arise and the unsupported arch of the foot may lead to a painful condition called plantar fasciitis. Diabetics, who are at higher risk of toe injury and infection, should be very wary of wearing flip flops as they offer no protection.

Pointy toed shoes can look elegant but the physical damage to the toes and the front of the foot is just not worth the glamour look.

These shoes squeeze the front of the foot together, causing nerve damage, blisters, and unsightly bunions and hammertoes.

A properly designed shoe helps avoid these long-term problems. Watson Shoes have been striving to understand the shape, design and functioning of feet. Their design team is constantly updating silhouettes, sole units and heels to ensure that the range remains lightweight with flexing properties and arch-support technology while at the same time remaining stylish, comfortable and affordable, striking the ideal balance between science and fashion.

Step-on-Airs is proudly South African and creates local job opportunities. They use the finest local leather sourced from South African based tanneries. Some Step-on-Airs collections are imported from abroad offering a wider range of stylish fashion and comfortable shoes.

The consideration for comfort and the desire to offer a more fashion-forward assortment has led to the development of some interesting and well-received styles over recent seasons.

Step-on-Airs remains the favoured brand of choice, offering superior leather uppers and soft, supple and breathable materials in a variety of colours, pattern styles and trims. Ensuring your feet can move as nature intended, Step on Airs is perfect for those who spend many hours on their feet.

Step-on-Airs now offers both formal and casual footwear and is available through independent retailers in South Africa.



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a grown-up
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is quite
another.



At the Red Cross War Memorial Children's Hospital, fit is all important.

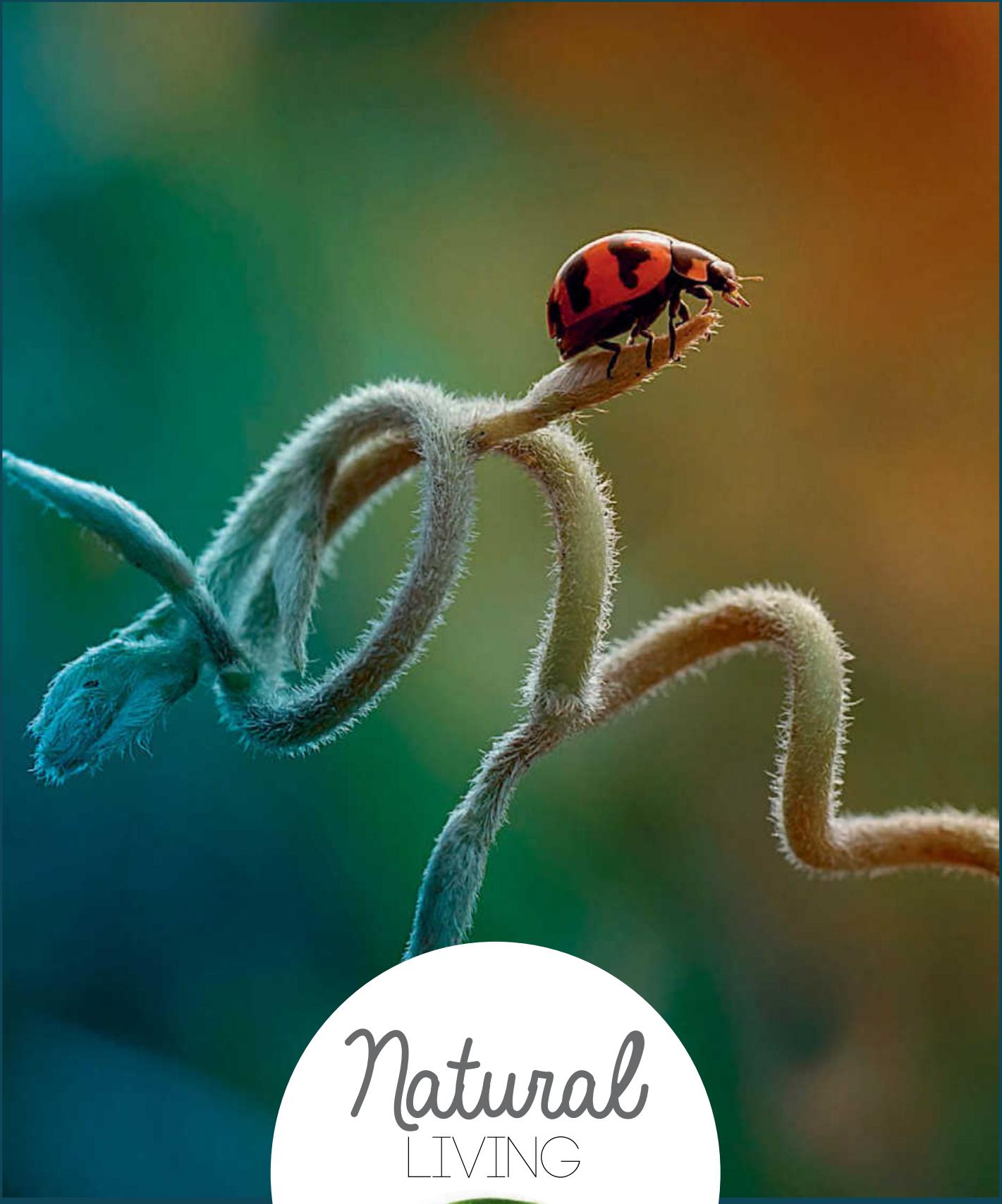
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Natural LIVING



Be beach

MOSCOW 2547km
PARIS 900km
NEW YORK 6424km
LONDON 1391km
RIO DE JANEIRO 10100km
TOKYO 10613km
AMSTERDAM 980km



READY

Hot, sunny and lazy holidays are the perfect time to pack up the family and head towards water.



Maybe you seek a relaxing day on the beach, or an activity-filled afternoon with the children. In any case, ensuring a comfortable, hassle-free, successful outing requires some planning. Consider sustainable products when deciding what to bring along. Here are five ways to make life a little easier and the planet a little happier.

1

Choose reusable containers to reduce your use of disposable baggies and bottles. Look for products free of harmful chemicals and toxins to avoid their leaching into your food and beverages. Pack full meals in a lunch box with separate compartments so your food won't cross-contaminate. The Bento box (see page xxx CC) is an all-in-one storage container for sandwiches, crackers, veggies and small drinks.

2

Pack enough to drink, such as coconut water and water in reusable stainless steel cooler bottles - don't forget a cooler box.

3

Choose water-based fruits and vegetables — including watermelon, berries and cucumbers — in addition to drinking water as a way to improve your overall water intake and prevent dehydration.

4

Want to avoid beach-day bloat? **Look for energising superfoods** that will kick-start your day without ruining your bikini bod. Superfoods are packed with antioxidants, vitamins, and minerals, and many are linked to numerous health benefits. Include goji berries, cacao nibs, quinoa, almonds, cherries or pineapple for an afternoon snack. Stack up on the raw foods as they don't require a ton of energy to digest — our bodies can redistribute that energy to keep us moving through the day.

5

Comfort is key to a long hot day on the beach, especially when it comes to your feet. **Step into sustainable shoes** and seek out companies that make footwear from recycled materials. Avoid blisters and foot fatigue by choosing comfy gear for the whole family.



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See coconut article on
page 50



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BE BEACH-DAY ACTIVE

- ➊ Bored with building the same old sand castle? Get up and engage in some healthy competition!
- ➋ Jump over the waves and see who can do the most hops in a row.
- ➌ Take games to the sand: think volleyball, soccer, or Frisbee. Your body works harder (and burns more calories) when it has to adjust to the soft, uneven sand.
- ➍ Rent a canoe, paddle-ski or paddle boat and give your muscles a break once you're out on the water, but eventually you'll need to paddle inland.

PROTECTION FROM THE SUN

Choose products labelled with broad spectrum UVA and UVB protection. Look for products that contain zinc and titanium minerals as key ingredients. These perform best when it comes to filtering UV rays and they are also not considered hormone disruptors. Set a timer to reapply sunscreen every two hours, and cover your skin with breathable material (such as organic cotton) when you're not in the water.

Make sure that your children wear a hat and shirt whenever possible to protect their delicate skin. Moms and dads should follow suit! Plan to pair a wide-brimmed hat with your outfit; look for one that covers your face, neck and ears. Avoid baseball caps and hats with holes. ●



SUNSCREENS WITH GREATER THAN SPF 50 –

these are simply a waste of your money. The FDA is on record as saying that products with SPF values higher than 50 would be 'misleading to the consumer,' given the absence of proven efficacy beyond that number. There is also a potential for harm to consumers who are led to believe that the higher SPF will protect them from burning and encourage them to stay in the sun longer.



THIS, PUT DOWN THAT SUNSCREEN!

Oxybenzone – This ingredient's primary purpose is to absorb ultraviolet light. However, some research studies indicate that the chemical is absorbed through the skin and is linked to hormone disruption. It is also known to trigger allergic reactions. Even though the FDA rates this chemical as safe, I'd suggest that everyone – children and pregnant women especially – avoid it. Why risk your health and the health of your family by introducing this controversial chemical into your body when safer



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** IMS HEALTH – Pharmatrend Database including France, Germany, Italy, Spain, Switzerland, Austria, Belgium and Portugal – Sun market including topical pre-sun and pigmenting activators, oral pre-sun active products, sun screens for adults, self tanning products, after sun products (excluding those for babies and children), sun screens for children and other sun products – December 2014 MAT – In volume and value.



MODERN TELECOMMUNICATION

- BOON AND BIOHAZARD



Cellular phone technology has revolutionised communication. Long gone are the days when we could only be reached if we were in the office or at home and the humble, wired landline rang. Today we are, instead, glued to our mobile phones and exposed to the potential health hazards of these all-too-convenient devices.



The Independent (UK) reported on 7 October 2014 that for the first time there were more gadgets in the world than people.¹

Mankind's exposure to pulsing microwaves from modern wireless technology has thus increased by well over a billion-fold in the last three decades. The official view is that 'if it doesn't heat us, then it won't harm us', yet an increasing number of people are experiencing health problems which include headaches, sleep problems, fertility problems, and concentration and memory problems, all of which have been linked to electromagnetic field (EMF) exposure.

On 11 May 2015, over 190 scientists from 39 nations submitted the International EMF Scientist Appeal to the United Nations, UN member states, and the World Health Organisation (WHO) requesting that they adopt more protective exposure guidelines for EMF and wireless technology in the face of increasing evidence of risk.² These scientists have collectively published over 2 000 peer-reviewed papers on the biological or health effects of non-ionizing radiation, part of the EMF spectrum that includes extremely low frequency fields (ELF) used for electricity, or radio frequency radiation (RFR) used for wireless communications.

On the same day that the European commission's SCENIHR released their report which concluded that we should not worry about adverse health effects of EMF/RF (radio frequencies)

fields³, a new well-conducted animal replication study showed that long-term 3G/UMTS microwave exposure can act as a co-carcinogen and statistically significantly increase cancer growth at very low exposure levels – 50-fold below currently permitted levels.⁴

Everyone using a 3G mobile phone, iPad, or other tablet will be exposed to higher levels than this. This study is an important wake-up call.

There has been a recent complaint to the European Commission about the SCENIHR report being misleading, highlighting most of the commissioner's ties to industry as well as all of their lack of expertise in health matters.⁵

There is good evidence that EMFs and RFs, especially digitally modulated RF, act as systemic toxins in humans, animals, birds and plants. There is evidence that they act on their own and, especially, synergistically with other toxins, including carcinogens.⁶

The cellular companies insist that cell phones are safe and that there are no long-term harmful effects, but perhaps we should remember that it took decades for governments to respond to warnings about the hazards of tobacco, radiation and asbestos exposure. ●

A list of references is available from the *Natural Medicine* office.
Tel: 021 880 1444

The mobile phone is the fastest growing manmade phenomenon – from zero to 7.2 billion in 30 years!



DR LES EMDIN, MB CHB
(UCT), CEDH (FRANCE),
DIP ACUP (SAMAS),

He uses an integrated medicine approach at his family practice in Cape Town. He incorporates energy medicine techniques using the modalities of Rife Resonator, QX/Scio, bio-electric field enhancement (Q2 and Body Cleanse), pulsed electromagnetic field therapy (Bemer), laser acupuncture, Zen Chi, Bioptron light, Quanterra laser, Alphastim (cranio-electrostimulation) and EEGer (neurofeedback) therapies.





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Sort out your ~~skin stress~~

By the EDITORIAL TEAM

Skin manifestations are often a consequence of internal dysfunction

Every year, one in four of us will seek treatment for a chronic skin complaint such as eczema, psoriasis, acne or rosacea, but many holistic health experts believe that addressing common symptoms such as inflammation, redness and scaly skin won't solve the problem.

A good integrative practitioner will look at everything from kidney and liver health to gut function when treating skin complaints.





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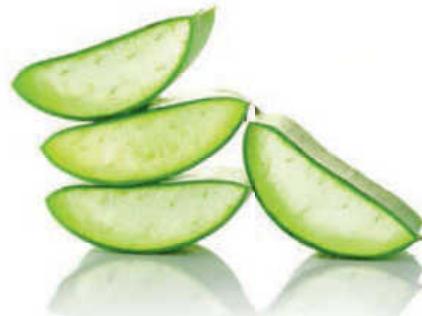
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ECZEMA

Eczema can be caused by your stomach's inability to process foods such as dairy products. To strengthen your gut, avoid stress, which has a direct effect on digestion, eat slowly and avoid dairy products. Stock up on anti-inflammatory foods such as turmeric, ginger and liquorice, along with *Aloe vera* for gut soothing. Supplement with evening primrose oil (3 g daily), along with a B-complex and magnesium to promote skin healing, good digestion and stress relief.

Apply skin products containing *Aloe vera*, apricot oil and calendula extract to relieve itchiness and irritation along with rosehip and evening primrose oil to stimulate cell regeneration.

ACNE

Acne can be caused by the mishandling of sugars and starches which causes insulin spikes, leading to over-secretion of male hormones and therefore more sebum production by the skin. Give your pancreas a break from refined sugars and restock your gut with prebiotics such as Molkosan and probiotics. Keep clear of dairy produce too, as it often promotes breakouts. In addition take chromium and a cinnamon product such as Diabeccin to balance blood sugar levels.

The bane of most teenagers, acne is often triggered by hormonal imbalances. Opt for natural products containing pure essential oils.



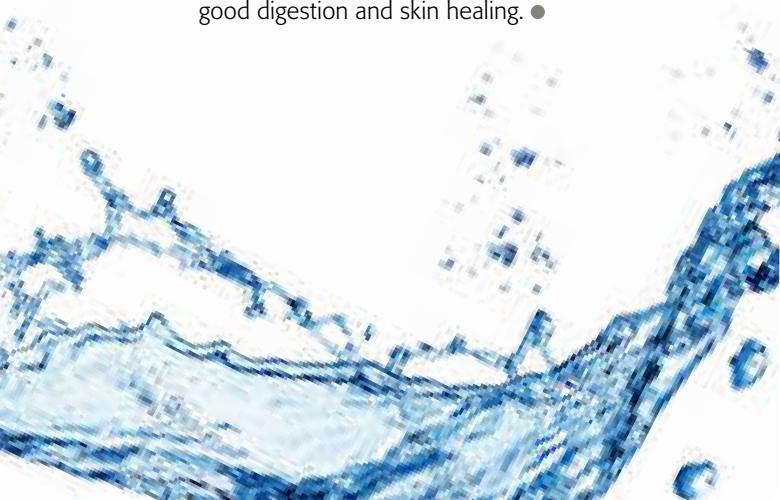
ROSACEA

Eliminate spicy foods, caffeine, alcohol and hot drinks from your diet and take the herb *Gingko biloba* to help to strengthen blood vessels. Make sure you stimulate your blood-stream and lymphatic system with gentle regular exercise, while protecting your skin from harsh weather and extreme temperature.

Certain triggers such as stress, caffeine and heat can make the condition worse. German chamomile is great for reducing redness and inflammation and carrot oil may help to revitalise the skin. The condition can often be a reaction to high levels of metal or mineral particles in make-up and sunscreens, so keep your skincare routine simple and natural.

PSORIASIS

Psoriasis can be caused by the liver's inability to process animal fats and proteins. Keep meat and dairy to a minimum and avoid fatty, fried foods and alcohol. Go for fresh fruit rather than refined sugar. Make sure your bowel moves at least once a day, and use liver-supportive herbs like milk thistle and choline/inositol with zinc and B-vitamins to promote good digestion and skin healing. ●



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Natural THERAPIES



102 BOWEN TECHNIQUE 104 SUP YOGA 106 MUSIC, EMOTIONS AND CHEMOTHERAPY

BOWEN TECHNIQUE

~ Balancing and restoring the autonomic nervous system.

By the EDITORIAL TEAM



WHAT DOES IT ACHIEVE?

The Bowen technique works to balance the autonomic nervous system (which regulates heartbeat, breathing, nerve communication, and so on) on both a physical and energetic level. Like homeopathy, Bowtech's approach is 'less is more'; using a non-invasive technique, the role of the therapist is to nudge the body into healing itself. The technique consists of a series of subtle hand movements that are light and very precise on the skin, gently rolling muscle, tendons, connective tissue or joints, and stimulating nerve endings. The body's nerve networks provide the electrical connection between our brain and the organs and muscles of our body via the spinal chord, with messages (or electrical impulses) racing backwards and forwards along the nerve pathways. Within the body's dynamic energy system, organs, tissues and cells each have a specific frequency that can be affected by physical stimulation to the skin. The Bowen moves have been described as 'plucking a guitar string'; they set up a vibration in the connective tissue that encourages a gentle response in the body to empower itself – energy flow is restored, clearing blockages and opening channels. With the release of tension, tissues soften allowing blood and lymph to flow more freely, feeding the body and also removing waste and toxins more efficiently.

The moves, because they are subtle, bring about a deep sense of relaxation, slowing brain waves and putting the client into an alpha state. This in turn, acts on the parasympathetic nervous system (which, in contrast to our sympathetic system, calms or slows our reactions) – allowing the body to balance itself, reset and recharge. At the same time, all our vital systems – breathing, heartbeat, blood pressure, nerve functions – recover and become restored. The autonomic nervous system controls 80 to 90% of our physical and emotional functions.

WHAT CAN YOU EXPECT?

Depending on the problem, sessions usually last from half an hour to one hour, but can take one and a half hours. First, you are asked questions about your specific ailment, history of previous accidents or falls, operations or medication, then you lie on a massage table. You may also sit or stand during parts of the session. As long as you're wearing light clothing, moves can be made through fabric. The practitioner looks at the body as a whole but may also target a specific problem. The Bowen therapist has developed a highly sensitive touch, called palpation, that can pick up where tension or tautness exists in your muscle groups, then decide on certain combinations and sequences of moves made to key points on the body. There are groups of moves (called 'procedures') for



each area – for example, neck procedure or coccyx procedure – and each procedure may consist of several muscle/tendon moves. The practitioner isolates precisely the spot where tension is held, then, using the strumming Bowen technique, creates a harmonic vibration that releases the muscle. Each move is made gently across the muscle or tendon or perpendicular to its line of fibres.

Bowen technique is so gentle that clients are hardly aware of the process and fall asleep.

Most people are amazed that such subtle moves can have such a profound effect on the body.

Often only two to three sessions are needed, spaced a week apart since the body's natural healing processes continue for days afterwards – but this is entirely dependent on the individual, what his/her ailment is, and how quickly the body produces a self-healing response. ●

For more info, visit www.bowtech.com

“

Bowen technique is like strumming a stringed instrument. In order to play such an instrument, it is important to have the exact tension in the correct place and release it.

~ Jo Anne Whitaker, MD



SUP yoga

SUPYoga, also known as Boga Yoga and Yoga on Water (YOW), is a great way to practise the ancient and revered form of exercise with a very modern twist – on a Stand-up Paddleboard.

It's 08:00 am. A cold and windy winter morning, and I have a choice to make:

A Remain in the warm confines of my bed with two kitty 'heaters' and the ever faithful retriever and doze the morning away; or,

B Get out of bed, change into a SWIMMING COSTUME, throw on an old tracksuit, and head to the Victoria & Albert (V&A) Waterfront!

The decision would be simple if it weren't for the fact that I had (in a moment of insane rashness) promised a friend that I would SUPYoga with her. I have to admit that the decision was putting a strain on our relationship. '101 reasons to stay in bed' filtered through my mind. But, the better part of me won and so fifteen minutes later I was in the car, leaving behind two annoyed cats and a mournful hound.

I arrive at the V&A Waterfront canals just as the first non-yoga Stand-up Paddleboard (SUP) participant (read victim) is falling headlong into the icy water. Still, undeterred I leap (rather sportingly I think) onto a SUP and paddle with my friend to where the other yoga SUPers are waiting for the lesson to begin.

Once we have all arrived, we tie ourselves together so someone doesn't go floating away while in the middle of the 'Co-

bra'. You can't really do yoga in a wetsuit, so the prospect of a cold unexpected fall-in is very real, but we all somehow stay on board throughout the session. Fortunately we are not required to master the 'Tree Pose' – balancing on one leg with raised arms and one leg tucked into our crotches – on the board.

At one point the tourist boat chugs past and a group of women doing 'Down Dog' clearly creates a stir, as cameras flash frantically. The boat also creates a ripple effect and we have to balance really well as the wake rocks our boards.

The 'Corpse' pose, or Savasana, at the end of the session (always my favourite as it involves lying down and resting) has the added delight of being soothingly rocked by the gentle lapping of the water.

Afterwards, we take a paddle around the canals which is really fun and gives a whole new perspective to the Waterfront. There is a lightness to the lesson which I enjoy and being on the water is, in spite of the weather, a beautiful way to spend a Sunday.

ORIGIN

The whole idea of combining yoga with Stand-up Paddleboarding started in (no surprise) California. A number of people claim to have been the innovators, one of them being the son of Neil Pearlburg who joined his father to teach a SUP class. Quinn Pearlburg, who was familiar with yoga and bored with the company of the middle-aged women pupils, started doing yoga poses on the board and SUPYoga was born.

BENEFITS

Add balance on a platform that's in motion to yoga and you add a whole new dimension to working on your core. For a start holding a pose becomes a lot trickier and involves more focus, as does changing poses – there is constantly the realisation that a cold 'bath' is a

second's loss of concentration away. It is also stunning to combine scenic beauty and the sound of the ocean or lake with your normal yoga practice.

EQUIPMENT

The boards used are usually inflatable, wide, long and stable (different to the boards you would use to SUP in the surf or race). Most schools hire them for lessons.

CONDITIONS

You need flat, calm water with no wind which makes classes weather dependant.

LESSONS

Most lessons consist of: a short instruction on how to stay stable on the board; the yoga practice with its variety of poses such as sitting, kneeling and lying with core strengthening; and, for the brave or more advanced, standing balancing poses followed by a few minutes of relaxation. Afterwards there's often a paddle around the lake/canals or the sea. The lessons are suitable for all levels. Prices vary, but normally start from R120 to R150 a session including equipment.



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She has authored several books, including *The A-Z Guide to Common Habits*, *The Girl Who Bites Her Nails* and *The Man Who is Always Late, Finding Your Feet and Climbing the Beanstalk – the Hidden Messages Found in Best-Loved Fairytales*. Ann has worked as a holistic practitioner, using Reiki and Footology. She teaches a number of workshops and is also an exhibiting artist. Ann has spent over 20 years studying the mind/body connection, with habits being her particular interest.

WHERE TO DO IT

A number of SUP and yoga teachers offer the sport. Amongst them:

- Cape Town SUP Club at the V&A Waterfront canals. Private bookings can be arranged for special events, team building and birthday parties. SUP Boarding and SUPYoga retreats are upcoming for the summer 2015/16. Contact Ingrid Roberg on: Cell: 083 260 99 88 or pandi@mweb.co.za. Keep up with events and classes on SUPClub facebook page.
- PaddleFitSA: Cape Town – Simonstown. Watch their Facebook page for class updates.
- Steven from Yoga Works is starting SUPYoga sessions on the Emmarentia Dam in Johannesburg. All equipment is supplied. Email info@yogaworks.co.za ●

 NATURAL *therapies*





Music, emotions and chemotherapy – the benefits of music during chemotherapy

Chemotherapy is extremely distressing for cancer patients, but listening to music can enhance the treatment process.



People who receive chemotherapy often have to undergo several sessions and most experience significant physical and psychological side effects. Emotional issues may greatly affect the way a person feels physically during the course of the treatment. People who are depressed may have poor appetite, weight loss, sleep disturbances and difficulty concentrating. People who are anxious may have palpitations, rapid breathing or stomach problems.

It has been well recognised that people on chemotherapy experience a decline in quality of life, deterioration of cognitive function, fatigue as well as toxicities such as nausea, vomiting and alopecia (loss of hair).

Skills for managing negative emotional responses and distressful symptoms are critical to the quality of life of a person with cancer, and creative interventions to alleviate peo-

ple's symptoms, concerns and anxiety during medication regimens are needed.

MUSIC AS THERAPY

Many approaches have been developed to assist individuals receiving chemotherapy with the goal of minimising psychological and physical distress. Music is one such approach that has been used effectively. Listening to music can positively benefit neuro-physiological and emotional responses as well as promote relaxation, which is especially beneficial when undergoing painful and anxiety-inducing treatments.

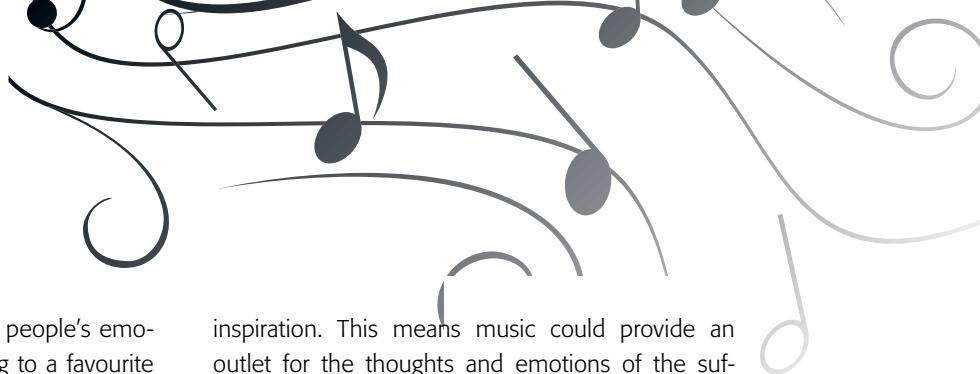
Supporting evidence

Music has long been used as part of the healing process. There is documentation of the therapeutic use of music in the treatment of wounded soldiers during World Wars I and II. One plausible mechanism by which music can promote healing and well-being is through



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the influence that music has on people's emotional or affective state. Listening to a favourite piece of music arouses personal thoughts and memories and it means listening to music often connects thought and emotion. The benefit of music on human emotions has been studied for some time and there is evidence to suggest that music can influence mood and other psychological conditions.¹ Findings from independent studies suggest that music interventions may have a beneficial effect on cancer patients.²

Other research has shown that music generally decreased anxiety in stressful medical conditions.³

ANXIETY AND DEPRESSION IN ILLNESS

Anxiety is defined as an emotion characterised by feelings of tension, worried thoughts and physical changes such as increased blood pressure. Anxiety is often associated with depression as well as impaired health-related quality of life in cancer patients. Anxiety has been associated with the exacerbation of symptoms and is influential in patient treatment decision making and response to treatment.

Depression involves a reduced interest in life. The person's thoughts are concentrated on an accumulation of all the depressing factors present in life, not only the chemotherapy and its negative side effects. Depression causes a negative attitude towards the self, the world and the future. It results in loss of enjoyment of life and eventually leads to a reduction in the person's emotional, intellectual and physical strength.

Music eases anxiety and depression

Listening to music is also a palliative strategy for coping with the feelings of anger underlying depression. It helps to relax and prepare a person to think more clearly. When a depressed person listens to uplifting music for an extended period of time, enthusiasm for life returns, and thoughts of the everyday concern that caused the negative attitude in the first place are replaced with

inspiration. This means music could provide an outlet for the thoughts and emotions of the sufferer and can open up new possibilities; this again holds advantages for the health and future of the person. Beethoven's Fifth Symphony and Dvorak's New World Symphony, for example, are known to possess energetic rhythmic patterns, which serve to enliven those who suffer from depression.

NEGATIVE AND POSITIVE EMOTIONS

A Native American legend tells of an elder explaining to his grandson that there are two wolves within him struggling for control of his actions. One wolf is the true spirit and the other is the false spirit. The young grandson asks, 'And which will win, Grandfather?' The old man answers, 'The one I feed.' We do not have a choice about having the two wolves within us. But we must learn to deal with the inner negativity. We have the choice in our attitude towards that negativity.

CONCLUSION

Music is a care strategy which addresses emotional, physical and spiritual needs. Music has the ability to create positive emotions and well-being. It has its own emotional language that can make order out of chaos, intimacy out of isolation, and meaning from fragments. Listening to music can be classified as one of our peak experiences. Maslow⁴ studied literature on art and creativity and found that peak experiences are natural phenomena that arise spontaneously and can be activated by a variety of triggers, the most frequent of which is music. Music is a very effective form of treatment for the side effects of chemotherapy. It can change negative emotions into positive emotions and improve spiritual well-being. Music provides an outlet for the thoughts and emotions of the sufferer during chemotherapy and can open up new possibilities. ●

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Mind
BODY & SOUL



110 AS A MAN THINKETH IN HIS HEART SO IS HE



MIND, BODY & soul



As a man THINKETH in his heart SO IS HE

When we fail to listen to our Soul and think our highest Soul-connected thoughts, we fall prey to our lower earthly senses; and when we listen to our ground-bound senses we immediately and completely lose our way upon the pathway of life, love and light.



We cannot see our thoughts, but we can experience the sum total of their results, in the form of personal habits. Over time, every one of our new thoughts combines with all previous thoughts to strengthen or weaken the foundation upon which our Life is built.

Effectively, our human character is the summation of all our thoughts and in turn, our habits. Every thought, habit, or behavior builds our character, brick by brick. Habits are thoughts applied over time to form predictable patterns in our physical, emotional, mental, or spiritual structures. Each thought has an opportunity

to forge the first link in a new chain of habit, or to follow established paths carved in the rock of our past existence, as the river follows its own riverbed.

If we see beauty and hear beauty, we tend to think beauty and speak beauty. This is how we learn to express a more beautiful character.

Every one of our mind's thoughts is influenced by a host of external bodily sensations including sights, sounds, tastes, smells and feelings. Each present thought combines with a turbulent internal stream of past sensory experiences known as 'memories'. Combined, they give



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rise to another winding river of future 'imaginings'. If we attune primarily to our physical bodily senses, we become the sum and total of these denser, physical, earthly thoughts. If we attune to the higher light of our Soul, we develop a lighter, more evolved state of character, and we invoke a higher state of mind. True genius appears spontaneously from this realm of thought. It is beautifully expressed, when our character aligns powerfully with the forces of Divine inspiration. Suddenly the Divine creation becomes creative, the beautiful scenery becomes the seer and our true character becomes Divine.

If we attune to the higher light of our Soul, we develop a lighter, more evolved state of character, and we invoke a higher state of mind. True genius appears spontaneously from this realm of thought.

SEED AND PLANT

The fruits of our labour arise from the seeds of our thought. Little effort need to be put forth to grow weeds, but constant attention is required to cultivate an orderly and productive garden. As we sow, so shall we reap. Our mighty dreams are first conceived by our higher inspired minds. Then these very elevated thoughts become things. As we believe, so we achieve. Our mind can express either the creations of our true higher being or the more lowly, illusive thoughts of our personas.

Our personas, or who we temporarily think we are, are the essential and ever-changing parts of our mind's earthly experience. These changing selves are always balanced fluidly and perfectly, like the two ends of a seesaw. Our personas are expressed as positive and negative, pleasure and pain, joy and sorrow. They may be conscious or unconscious. Our personas shift like sand in the desert and it is hard to build the house of our lives on their sand.

Source

Demartini JF. *The Wisdom of the Oracle*. 1st Books Library™, 2001.

Fortunately, a mysterious realm of mind exists above and beyond this fragile bubble of Earth. Philosophers and theologians call it 'Soul'. When our thoughts and deeds rise to the level of our Soul we become one with a greater reality. We are freed from the troublesome confusion of our earthly existence. It is only from this realm that our thoughts are inspired in Love.

If we listen to the tales of our physical senses (as most of us do), we become fragmented into our personas, which are the two-faced theatre masks, one side smiling, and one side frowning. Which mask shall we wear today? This is a ready source of our temporary excitement, throwing off sparks of passion and emotion at every turn. Of course, sparks might also burn the house down. But, eventually, we come to an unconditional state, when we give birth to, or partake of a genuine Love through the voice of our Soul.

On the other hand, if we plant in alignment the Soulful seeds of Love in our gardens, we will reap the immortal thoughts of genius, thoughts full of balance and beauty, all integrated into a new seed of Love.

Our passions are created through our personas. Our true Love is created through our Soul.

The seed of every thought transmits its essence to the fall harvest. If dominant thoughts of elation and depression, or joy and sorrow, rule our pasture, then human 'mortality' is produced. Mortality is harvested from sowing the two-faced mask of dualism. This mortality misaligns our true nature; it gives us lopsidedness, and other signs of imbalance. On the other hand, if we plant in alignment the Soulful seeds of Love in our gardens, we will reap the immortal thoughts of genius, thoughts full of balance and beauty, all integrated into a new seed of Love. ●

*Knowing ignorance is strength
Ignoring knowledge is sickness*

*Only when we are sick of our sickness
shall we cease to be sick*

*The sage is not sick but is sick of sickness
this is the secret of health*

~ Lao tzu



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